

Name _____

Embracing the Roller Coaster of Emotions: Is It Okay to Have Both Positive and Negative Feelings?

Multiple Choice Questions

1. What is the main difference between positive and negative emotions?
 - a) Positive emotions are always pleasant, while negative emotions are always unpleasant.
 - b) Positive emotions motivate action, while negative emotions serve no purpose.
 - c) Positive emotions bring pleasure, while negative emotions often bring discomfort or distress.
 - d) There is no difference between positive and negative emotions.

2. Why is it important to acknowledge and accept both positive and negative emotions?
 - a) Because negative emotions should be ignored.
 - b) Because it's unhealthy to feel negative emotions.
 - c) Because both types of emotions are a natural part of life.
 - d) Because acknowledging emotions is unnecessary.

3. What role does gratitude play in our emotional well-being?
 - a) Gratitude increases negative emotions.
 - b) Gratitude helps us appreciate the good things in life and reduces stress.
 - c) Gratitude has no impact on our emotional well-being.
 - d) Gratitude leads to overthinking.

4. Why is it valuable to experience negative emotions like anger and fear?
 - a) Because they are fun to experience.
 - b) Because they have no value.
 - c) Because they act as warning signals and motivate appropriate responses.
 - d) Because they make us happy.

5. What is the key to achieving emotional well-being when it comes to balancing positive and negative emotions?
 - a) Eliminating negative emotions entirely.
 - b) Avoiding all emotional experiences.
 - c) Finding a healthy balance between positive and negative feelings.
 - d) Ignoring both positive and negative emotions.

