

Name \_\_\_\_\_

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

### Multiple Choice Answer Key

1. c) Positive emotions bring pleasure, while negative emotions often bring discomfort or distress.
2. c) Because both types of emotions are a natural part of life.
3. b) Gratitude helps us appreciate the good things in life and reduces stress.
4. c) Because they act as warning signals and motivate appropriate responses.
5. c) Finding a healthy balance between positive and negative feelings.

