

Name _____

Mixed Emotions: Why Do I Feel Different Emotions at the Same Time?

Multiple Choice Questions

1. What are emotions compared to in the passage?
 - a) Traffic lights
 - b) A bouquet of flowers
 - c) A rainbow
 - d) A jigsaw puzzle

2. Why do emotions serve as signals, according to the passage?
 - a) To confuse us
 - b) To make us feel conflicted
 - c) To help us navigate the world around us
 - d) To prevent us from experiencing joy

3. What can trigger multiple emotions in the same situation?
 - a) A single aspect of the situation
 - b) Different aspects of the same situation
 - c) Only positive aspects of the situation
 - d) Only negative aspects of the situation

4. How are conflicting emotions described in the passage?
 - a) As a sign of emotional simplicity
 - b) As a sign of emotional instability
 - c) As a sign of emotional complexity
 - d) As a sign of emotional indifference

5. Why is it important to be aware of your emotions, according to the passage?
 - a) It allows you to hide your emotions better.
 - b) It helps you understand yourself better and connect with others.
 - c) It prevents you from feeling emotions.
 - d) It makes you emotionally distant.

