PY40S Name:

Unit 2

Motivation and Emotion

**Emotion: Introduction**

1. Name some human emotions.

1. How do we experience emotion?
2.
3. a) What is happiness?

1. What can you do to become a happier person?

1. Make a list of 10 things that make you happy. What needs do they meet?
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12. If you could never experience sadness again, would you take the opportunity? Why/why not?