PY40S Name:

Unit 2

Motivation and Emotion

**Emotion: Introduction**

1. Name some human emotions.

1. How do we experience emotion?
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?









12. If you could never experience sadness again, would you take the opportunity? Why/why not?