



Read, listen, and complete.

Exercise 1 – Read the sentences and write if they are true or false.

1. Emotions: We all have them and sometimes we wonder why.
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2. Naturalist Charles Darwin believed that emotions are adaptations that allow us humans to survive.
When we live in the wild, we don't need emotions to react quickly to dangerous situations.
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3. Emotions help to organize our behavior and set us a motion to accomplish a goal.
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4. When you face with a nerve-racking exam you might feel a lot of anxiety about whether you'll do well and how it will impact your final grade.
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5. These emotional responses can motivate you to take action, like studying to improve your chances of getting a good grade.
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Exercise 2 – Read, listen, and complete the text.

For example, you might _____ social activities or hobbies that give you a sense of happiness, contentment, and excitement. _____, you'd probably avoid situations that might _____ boredom, sadness, or anxiety...

Our emotions have a major _____ the decisions we make, from what we decide to have for breakfast, to which candidates we choose to vote for in political elections.

Anger can make you more _____ to take risks and to minimize how dangerous _____ risks are. Fear can make you more _____ about your decisions. And happiness will make you more carefree or _____.