

Exercise 2

Find the synonyms for the words from the text

- 1) give off - outthrow
- 2) vitality - stamina
- 3) drain - exhaust
- 4) subtle - sophisticated
- 5) instinctively - subconsciously

Exercise 3

Watch the video and answer the questions

<https://www.youtube.com/watch?v=9J11XEXFHog>

- 1) The scientific research was aimed to show the influence of human emotions on body parts.
A) **True** b) False
- 2) Scientists have proved that physical reactions to emotions can be different in various nations.
a) True **b) False**

Exercise 4

Read the passage and answer the questions

Human emotions have a long evolutionary purpose for our survival as a species. They are either a reaction to an external stimulus, or a spontaneous expression of an internal thought process. Emotions like fear are often a reaction to an external stimulus, such as when we cross a busy road the fear of getting run-over causes our evolutionary survival mechanism to take effect. These are external causes that trigger the emotions inside our brain.

However, emotions can be invoked as the result of an internal thought process. For example, If I managed to find a solution to a complicated mathematical differential equation, that could make me happy as a result of a feeling of personal satisfaction.

It may be a purely introspective action with no external cause, but solving it still triggers emotions.

- 1) Emotions are a reaction to external thought process.
a) True **b) False**
- 2) External trigger evokes stimulus in our brain so emotions appear.
a) **True** b) False
- 3) An external cause is the only reason emotions are triggered.
a) True **b) False**

Exercise 5

Watch the video and answer the questions

<https://www.youtube.com/watch?v=xNY0AAUtH3g>

- 1) Feeling threat, our body releases _____.
a) vitamins
b) hormones
c) minerals
- 2) Serotonin is a chemical of:
a) fear
b) happiness
c) envy
- 3) Our emotions are influenced by our thinking.
a) True
b) False