



Quizlet

<https://quizlet.com/320617178/reading-advanced-31-flash-cards/?new>

Exercise 1

Read the passage

Emotions are a stunning expression of our energy, the “vibe” we give off. We register these with intuition. Some people feel good to be around; they improve your mood and vitality. Others are draining; you instinctively want to get away. This “subtle energy” can be felt inches or feet from the body, though it’s invisible. The tone and volume of our voice can tell much about our emotions.

Exercise 2

Find the synonyms for the words from the text

subconsciously stamina exhaust sensation outthrow sophisticated

- 1) give off -
- 2) vitality -
- 3) drain -
- 4) subtle -
- 5) instinctively -
- 6) emotion -

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

Match the situations with probable emotions that people might feel

envy frustration contentment disgust guilt anxiety courage

- 1) Your enemy has bought a fascinating villa.
- 2) A man thought that you would get a job, but they had offered it another candidate.
- 3) After saving enough money you managed to buy a new cellphone.
- 4) A child doesn't stand eating cabbage but his mother makes him eat it.
- 5) A dog has damaged his master's belongings.

Exercise 5

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 6

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