

## Emotion Flashcards PDF

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What is the definition of happiness?

Happiness is a state of well-being characterized by emotions ranging from contentment to intense joy.

What does sadness feel like?

Sadness is a feeling of sorrow or unhappiness, often accompanied by feelings of loss or disappointment.

What is anger?

Anger is an emotional response to perceived threats, injustice, or frustration, often resulting in a desire to take action.

What is fear?

Fear is an emotional response to a perceived threat or danger, often leading to avoidance behavior.

What does surprise mean in terms of emotion?

Surprise is a brief emotional state resulting from an unexpected event, which can be positive or negative.

What is the emotion of disgust?

Disgust is a strong feeling of aversion or repulsion towards something considered offensive or unpleasant.

What is the difference between joy and happiness?

Joy is a more intense and often short-lived feeling of pleasure, while happiness is a more stable and enduring state.

What is empathy?

Empathy is the ability to understand and share the feelings of another person.

What does it mean to feel overwhelmed?

Feeling overwhelmed is an emotional state where a person feels unable to cope with the demands placed on them.

What is the emotion of love?

Love is a complex set of emotions characterized by affection, care, and attachment towards someone or something.