

1 | Questions to Respond

- What are emotions? Where do they come from?
- How does lived experience, culture, biology impact our experiences of emotion?
- What contradictory or controversial perspectives or understandings were shared in this resource?

2 | The Neural Biology of Emotion

2.1 | Depression as a Form of Intense Sadness

What's critical is that the sadness comes from within one.

2.2 | **some note!**

notes