

AI-00717 Emotional Arousal

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**Define arousal, heightened emotions. Are these normal human responses?
What is the psychological term for it?**

Arousal refers to the state of heightened physiological and psychological activity. Heightened emotions, a common human response, can be described as increased emotional intensity. The psychological term for this is often arousal, encompassing a range of reactions from excitement to stress.

Arousal involves activation of the autonomic nervous system, influencing heart rate, respiration, and alertness. This heightened state is part of the body's adaptive response to stimuli, both positive and negative, and is integral to human experiences and reactions.

List 20 events or situations that can trigger emotional arousal

1. Surprise parties
2. Thrilling roller coaster rides
3. Public speaking engagements
4. Romantic encounters
5. Watching a suspenseful movie
6. Receiving unexpected good news
7. Confrontations or arguments
8. Competitive sports events
9. Job interviews
10. Witnessing a live performance

11. Achieving a personal goal
12. Near-miss accidents
13. Receiving a heartfelt compliment
14. Hearing a shocking revelation
15. Facing a challenging task
16. Experiencing a major life change
17. Participating in a heated debate
18. Sudden financial gains or losses
19. Natural disasters or emergencies
20. Reconnecting with a long-lost friend