 **Upper Intermediate**

**Directions: You are going to listen to a psychology lecture titled: “Beyond Happiness: The Upside of Feeling Down.” Use the headings to help you take notes while listening. You will use your notes to answer some questions after.**

*Introduction*

*Anger*

*Envy and Jealousy*

*Fear and Anxiety*

*Regret and Disappointment*

*Conclusion*

**Using your notes, answer these questions.**

1. Which is NOT mentioned as a way we try to get rid of negative emotions?
2. We medicate ourselves
3. We get angry with ourselves
4. We try to hide the emotions
5. We talk about our feelings
6. What causes anger? Undervalued
7. Who tends to get more easily angered than others?
8. Weak men and pretty women
9. Strong men and pretty women
10. Weak men and ugly women
11. Strong men and ugly women
12. The speaker argues that not being valued is worse than getting angry. Why does she believe that to be true?
13. In Niels van de Ven’s study, how did envy cause the participants to be more successful?

They become more persistent and creartive ambisious focus on successful people

1. Jealousy is helpful to friends and couples because:
2. It helps them discuss problems
3. It shows that the relationship is in trouble of ending
4. It allows them to show how much they care about each other
5. It encourages us to improve ourselves to prevent it from happening
6. What two physical reactions help us take in more information when we are afraid?

İncreasing heartbeat and sweating

1. Anxiety is a positive in which situation?
2. When we encounter threat
3. When it is taught to us as children
4. When we need self-control and caution
5. When a threat arises which we have planned for
6. Describe two differences between regret and disappointment.

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| **Regret** | **Disappointment** |
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1. Which emotion is described as the most common?
2. Anger
3. Envy
4. Fear
5. Regret