

Chapter 10

11- Emotions are specific feelings that are usually caused by a specific event or stimulus. Mood, on the other hand, is a general feeling that is usually not tied to a specific event or stimulus. In simpler terms, emotions are more intense and specific than moods.

2- The sexual response cycle has four phases. These phases are excitement, plateau, orgasm, and resolution. During the excitement phase, the body becomes sexually aroused. The plateau phase follows where the arousal continues to increase. During the orgasm phase, sexual pleasure and intense physical release occur. The resolution phase is when the body returns to its normal state.

4- The seven universal emotions are happiness, sadness, anger, fear, surprise, contempt, and disgust. These emotions are understood and expressed by everyone, regardless of culture, language or background. Happiness is a positive emotion associated with joy and pleasure. Sadness is a negative emotion related to grief and loss. Anger is a feeling of annoyance or hostility towards someone or something. Fear is an emotion that arises in the face of danger or threat. Surprise is a sudden feeling of amazement or astonishment. Contempt is a combination of anger and disgust, and it is often triggered by disrespect. Disgust is a strong feeling of aversion, usually due to something unpleasant or repulsive.

3- The basolateral complex is a group of parts in the brain that are important for our emotions and thinking. It helps us remember things and make decisions. It is in the temporal lobe and includes different structures that work together with other parts of the brain. The basolateral complex is important for how we understand and react to different things in our environment.

9- There are several ways in which a person can express anger through body language. Some examples include clenching their fists, tensing their jaw or shoulders, frowning their brow, narrowing their eyes, standing rigidly, and pacing back and forth. Additionally, angry individuals may raise their voice, grunt, or sigh heavily as well.