### Worksheet 1

**Consider what you understand by emotions and note your results.**

**Describe what you understand by emotions.**

Emotions are complex psychological and physiological states that involve a subjective experience, expressive behaviors, and physiological responses. They are often triggered by specific events, thoughts, or external stimuli and play a crucial role in human behavior and decision-making.

**Which emotions do you know?**

Emotions encompass a wide range of feelings, and individuals may experience various emotions depending on the situation. Some common emotions include:

1. Happiness
2. Sadness
3. Anger
4. Fear
5. Surprise
6. Disgust
7. Love
8. Excitement
9. Anxiety
10. Contentment

**Have there been instances where you were stressed by the use of technology such as a smartphone, computer, or tablet? Can you describe the feeling?**

Reflecting on personal experiences with technology, consider whether there have been situations where the use of devices like smartphones, computers, or tablets has caused stress. Describe the emotions or feelings associated with such instances.