Assignment 1

The due date for submitting this assignment has passed.

As per our records you have not submitted this assignment.

Read the questions carefully and choose the appropriate answers.

1) What type of existential concern results from the realization that one’s subjective experience of reality can never be fully shared?
   - Death
   - Isolation
   - Freedom
   - Meaninglessness
   No, the answer is incorrect. Score 0
   Accepted Answers: Isolation
   1 point

2) What is the following statement and choose the type of existential anxiety it describes?
   "What greatest tragedy in life is not the fear of death, but the fear of vanishing into nothingness."
   - Stress
   - Confusion
   - Impassiveness
   - Emptiness
   No, the answer is incorrect. Score 0
   Accepted Answers: Emptiness
   1 point

3) There is no joy, you read to everything, you want to avoid having a terrible day, you want to escape. All these are signs of:
   - Safe mode
   - Survival mode
   - Panic mode
   - Race mode
   No, the answer is incorrect. Score 0
   Accepted Answers: Safe mode
   1 point

4) The "born to die" approach is otherwise known as:
   - Death drive
   - Survival drive
   - Life drive
   - Emotional drive
   No, the answer is incorrect. Score 0
   Accepted Answers: Death drive
   1 point

5) Integrating meaning and purpose in life through connection with the inner self is an example of:
   - Physical wellbeing
   - Emotional wellbeing
   - Spiritual wellbeing
   - Intellectual wellbeing
   No, the answer is incorrect. Score 0
   Accepted Answers: Spiritual wellbeing
   1 point

6) You had a bad day. You can see your heart, but your body is now returning to a resting state. Which of the following is responsible for this change?
   - Sympathetic Nervous System (SNS)
   - Parasympathetic Nervous System (PNS)
   - Central Nervous System (CNS)
   - Regulatory Nervous System (RNS)
   No, the answer is incorrect. Score 0
   Accepted Answers: Parasympathetic Nervous System (PNS)
   1 point

7) You had a bad fight with your friend and you snapped all your words. Afterwards, you recollected the good times you have spent with her. If you feel that your friend is in as bad as you have portrayed her, which emotion regulation strategy are you practicing?
   - Attention shifting
   - Expressive suppression
   - Reappraisal
   - Distancing
   No, the answer is incorrect. Score 0
   Accepted Answers: Reappraisal
   1 point

8) Whether human behavior is determined by the environment or by a person's genes, is at the core of the:
   - Behavioral emotion debate
   - Reason-emotion debate
   - Growth-development debate
   - Nature-nurture debate
   No, the answer is incorrect. Score 0
   Accepted Answers: Nature-nurture debate
   1 point

9) Mahatma Gandhi is synonymous with non-violence. Which of the following traits explains his personality?
   - Central trait
   - Common trait
   - Cardinal trait
   - Logical trait
   No, the answer is incorrect. Score 0
   Accepted Answers: Central trait
   1 point

10) While watching a sad scene in a film, you begin to shed tears. This is an example of:
    - Compassionality empathy
    - Emotional empathy
    - Cognitive empathy
    - Logical empathy
    No, the answer is incorrect. Score 0
    Accepted Answers: Emotional empathy
    1 point