

# Motivation & Emotion

## INDEPENDENT WORK PACKET

### FACT OR MYTH

F M

Read each statement and put a checkmark under "F" if you think it is a fact or "M" if you think it is a myth. When finished, check your answers on the next page, read the additional information, and answer the reflection questions.

1. Putting on a happy face can make you feel happier.
2. Getting away from it all by going on a vacation from all sensory input for a few hours is relaxing.
3. People feel hunger due to contractions ("pangs") in the stomach.
4. About 10% of Americans identify as LGPT.
5. Fashion magazines can contribute to eating disorders among women.
6. Engaging in sexual activity with an individual can increase feelings of trust toward that individual.
7. Money can't buy you happiness.
8. People in cultures with strict social rules about showing emotion in public, like Japan, feel emotions less intensely than in cultures without such strict rules.
9. You may be able to fool a lie detector by biting your tongue or squiggling your toes.
10. When people feel anxious, they want to be alone.
11. The extra calories that Americans eat beyond what is needed to maintain their weight is equal to the amount of calories needed to feed a nation of 80 million people.
12. Facial expressions to show the same emotions vary across cultures.
13. Emotions cannot be expressed in words.
14. In order to motivate yourself, you should just visualize success.
15. Emotions are neutral.

	F	M
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Use your answers to the FACT OR MYTH statements and the additional information provided with the answers to answer the reflection questions below. Avoid answering multiple questions using the same statement.

1. Choose one of the statements that you were previously familiar with and explain what you already knew (or thought you knew) about that topic.
2. Which statement did you find most surprising? Why?
3. Which factual statement are you most interested in learning more about?
4. Which mythical statement are you most interested in learning more about?
5. How many statements did you correctly identify? Judging by the accuracy of your answers, how knowledgeable are you about this subject overall?