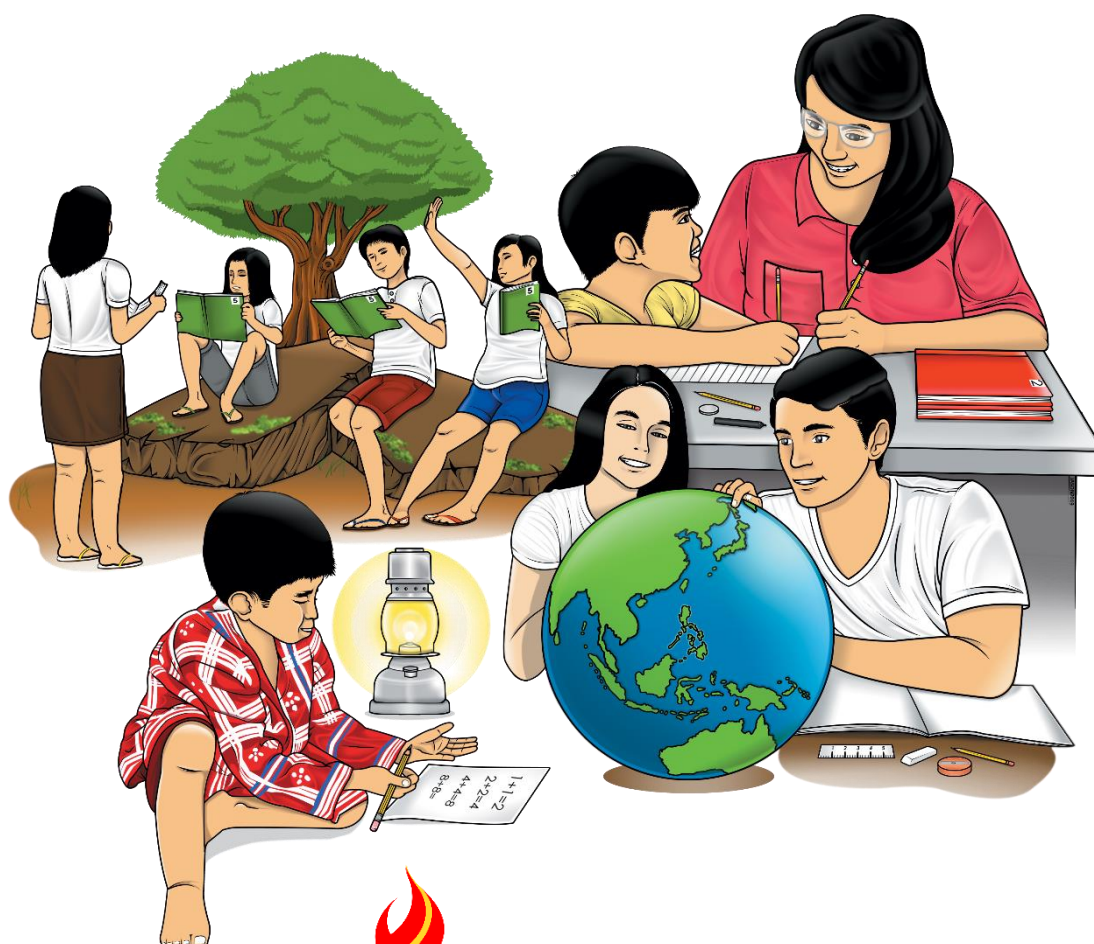


Senior High School

Personal Development

Quarter 1 – Module 14:

Emotional Intelligence



Personal Development
Alternative Delivery Mode
Quarter 1 – Module 14: Emotional Intelligence
First Edition, 2021

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Senior High School

Personal Development

Quarter 1 – Module 14: Emotional Intelligence

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you

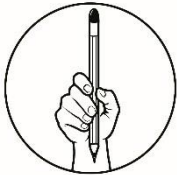


What I Need to Know

This module was prepared to help you gain knowledge on emotional intelligence and better understand the intensity of different emotions. The lesson will guide you in communicating emotional expressions to become a better version of you.

After going through this module, you are expected to:

1. discuss that understanding the intensity and differentiation of emotions may help in communicating emotional expressions



What I Know

Choose the letter of the best answer. Write your answer on a separate sheet of paper.

1. Emotion is defined as
 - a. a measure of your ability to reason and solve problems.
 - b. the ability to recognize your emotions.
 - c. the capacity to be aware of, control and handle interpersonal relationships judiciously and empathetically.
 - d. a subjective state of mind triggered by a certain stimuli or events which occur in the environment.
2. Emotional intelligence is
 - a. responsible to store value judgements we make
 - b. assured reliance on the character, ability, strength, or truth of someone or something
 - c. the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.
 - d. a subjective state of mind triggered by a certain stimuli or events which occur in the environment.
3. Emotional Intelligence was popularized by _____ in his 1995 book *Emotional Intelligence: Why It Can Matter More Than IQ*.
 - a. John Mayer
 - b. Peter Salovey
 - c. Daniel Goleman
 - d. Robert Plutchik

4. The intensity of emotion ranges from mild, _____, strong.
 - a. least
 - b. milder
 - c. stronger
 - d. moderate
5. The _____ is the center of emotional processing. It is responsible for the perception of emotions such as anger, fear, and sadness, as well as the controlling of aggression.
 - a. amygdala
 - b. thalamus
 - c. hypothalamus
 - d. hippocampus
6. The listed emotions are included in universal emotions EXCEPT
 - a. sadness
 - b. jealousy
 - c. disgust
 - d. surprise
7. The following are basic emotions EXCEPT
 - a. love
 - b. trust
 - c. sadness
 - d. disgust
8. It is the emotion evoked by well-being, success, and good fortune or by the prospect of possessing what one desires.
 - a. joy
 - b. surprise
 - c. disgust
 - d. sadness
9. This emotion is affected with or expressive of grief or unhappiness.
 - a. disgust
 - b. jealousy
 - c. sadness
 - d. excitement
10. It is a strong feeling of displeasure and usually of antagonism.
 - a. joy
 - b. anger
 - c. sadness
 - d. jealousy

11. It refers to an unpleasant strong emotion caused by anticipation or awareness of danger.
- a. surprise
 - b. disgust
 - c. trust
 - d. fear
12. A person must NOT make a final decision when he/she is experiencing_____
- a. very happy
 - b. extreme anger
 - c. under medication of depression
 - d. all of the above
13. This is the ability to control emotions and impulses.
- a. self-awareness
 - b. self-centered
 - c. self-regulation
 - d. self-confidence
14. People who are successful with this element of emotional intelligence knows what one is feeling at any given time and understands the impact those moods have on others.
- a. self-regulation
 - b. self-awareness
 - c. self-centered
 - d. self-confidence
15. It is the ability to identify with and understand the wants, needs, and viewpoints of those around you.
- a. motivation
 - b. social skills
 - c. empathy
 - d. self-regulation

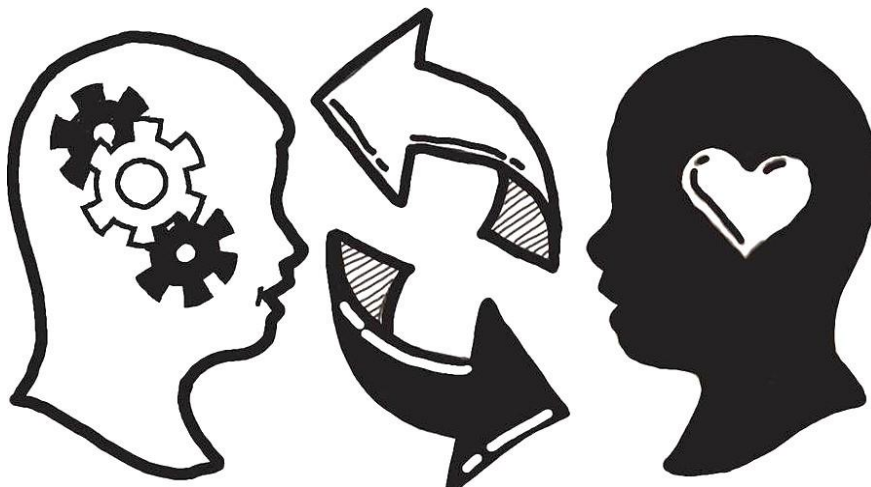
Lesson

14

Emotional Intelligence

In the previous lesson, we explore the ways on how to improve brain functions for personal development and develop a personal plan to enhance brain functions.

In this lesson, we will strengthen your understanding on emotional intelligence, emotions, and the intensity of emotions. As an adolescent, at times you are being consumed by your emotions which got you into trouble. By the time you realized that your emotion is too strong, you're done with actions that you later regret. Your knowledge on intensity of emotions can help you control yourself and avoid affecting others. Your deep understanding on different emotions, the triggering factors, the effective ways to handling strong emotions, and your level of Emotional Intelligence (EI) will guide you in positively communicating emotional expressions.



EMOTIONAL INTELLIGENCE



What's In

You are about to discover the different emotions and your emotional intelligence. Answer the questions with **YES** or **NO** based on your experience in dealing yourself and others.

Do you	Yes	No
a) know that your emotions and actions may affect others?		
b) control your emotions not to verbally attack others?		
c) enjoy the learning process and persevere in the face of obstacles?		
d) you work hard to see things through others' eyes; put yourself in someone else's position?		
e) inspire others and stimulate desired responses from them?		



Notes to the Teacher

Guide the learner in answering the task. You may ask the following questions to the learner.

1. What did you discover about yourself while reading the sample situation?
2. In what way did the sample situation enhance your understanding of yourself and others?



What is It

What are the basic emotions, its intensity, and effects on our actions?

Emotion is a subjective state of mind triggered by a certain stimuli or events which occur in the environment. It is a reaction to a certain event that happens.

Collins's dictionary defined emotion as a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with.

Emotions can be observed through body language and facial expressions, which explains how you feel or how are you doing at that moment. Through analyzing and reading facial expressions you may be able to understand what a person's feelings. Physiological changes, as increased heartbeat or respiration, and overt manifestations, like crying or shaking of the body, and swaying of hand and arms may also give us an idea on what a person feels.

Activity 1. Look at the pictures closely. What emotions was being shown in each picture. Refer to the word box for the answer. The definition was provided for you as a clue. Write your answer on a separate sheet of paper.



- A feeling of mild astonishment or shock caused by something unexpected



- the feeling of being unhappy characterized by grief, despair, and disappointment

WORD BOX

Happiness
Anger
Disgust
Surprise
Sadness



- a state of well-being and contentment: joy



- a strong feeling of being upset or annoyed because of something wrong or bad



- a feeling of horrified disapproval of something

You have seen facial expression associated with emotions on activity 1. This time let's discover the intensity of your emotions on the following situation.

Activity 2. Choose the term that describes what you feel when:

Situations	A	B	C
1. Your teacher call your attention that you are constantly failing to achieve good scores in English subject and ask you to attend remediation class for free to help you cope up with the lessons.	acceptance	trust	Admiration
2. One member of your family died of Covid-19 infection.	pensiveness	sadness	Grief
3. You saw your neighbor kick your cat and it went home limping.	annoyance	anger	Rage
4. You transferred to another school nearer to your new residence. Your new seatmate assists you to locate the cafeteria, clinic, and library.	serenity	joy	ecstasy
5. Your friend invited you to watch movie in his/her house. You agreed to come without knowing that the movie is about massacre/killings which you never really like.	boredom	disgust	loathing
6. During group class presentation, one of your classmates prepared a PowerPoint presentation utilizing several moving pictures and designs.	distraction	surprise	amazement
7. You submitted your output earlier because you observed that your teacher is uploading the online lessons/topics early in the morning and giving excellent grades to those who submit the outputs on time based on the deadline given.	interest	anticipation	vigilance
8. While waiting for a ride going to school, you saw a man pointing a knife to the student in front of you.	apprehension	fear	terror

Write your answer in this table. Put a check (✓) on the letter of your choice.

Questions	A (1 point)	B(2 points)	C (3 points)
1.	✓		
2.		✓	
3.		✓	
4.	✓		
5.	✓		
6.	✓		
7.		✓	
8.			✓
	4	6	3
Total	13	Intensity: moderate	

1. How many A's have you answered? How about B's? C's?
2. Which letter did you choose the most, A, B, or C?

Interpretation

Give yourself 1 point for every A's that you choose, 2 points for every B's, and 3 points for every C's.

Score	Intensity of emotions	Analysis
<i>8 points</i>	<i>mild</i>	<i>You can manage your emotions very well.</i>
<i>9-16 points</i>	<i>moderate</i>	<i>You can manage your emotions in a tolerable manner.</i>
<i>17 points and above</i>	<i>strong</i>	<i>You display heightened emotion compared to usual. You are advised to practice managing your emotions to avoid being in complicated situation in the future.</i>

The Universal Emotions

Charles Darwin's book *The Expression of Emotions in Man and Animals* (1872) suggested seven universal emotions associated with facial expressions. These emotions are, surprise, sadness, disgust, happiness, fright, anger, and contempt. These are common emotions associated with facial expressions which can be observed in activity 1.

The expected responses in activity 1 are: 1) surprise-feeling of mild astonishment or shock caused by something unexpected; sadness-the feeling of being unhappy characterized by grief, despair, and disappointment; 3) happiness- a state of well-being and contentment; 4) anger- a strong feeling of being upset or annoyed because of something wrong or bad; 5) disgust-a feeling of horrified disapproval of something. Give yourself five claps if you got all the correct answers.

Emotions are connected to our brain and comes with facial expression used to communicate the emotion. Surprise, sadness, disgust, happiness, fright, anger, and contempt are called universal emotions as they are common regardless of culture, age, race, language, and religion.

Basic Emotions

Here are the Basic Types of Emotion as defined in Merriam-Webster Dictionary and Dictionary.com

1. **Joy**- the emotion evoked by well-being, success, and good fortune or by the prospect of possessing what one desires.
2. **Sadness**- this emotion is affected with or expressive of grief or unhappiness. It is characterized by feelings of disappointment, hopelessness, disinterest, and dampened mood.
3. **Anger**- it is a strong feeling of displeasure and antagonism.
4. **Fear**- this is an unpleasant, often strong emotion caused by anticipation or awareness of danger.
5. **Trust**-this emotion reflects firm belief in their liability, truth, ability, or strength of someone or something
6. **Disgust**-it is a feeling of revulsion or strong disapproval aroused by something unpleasant or offensive.
7. **Surprise**- the feeling caused by something unexpected or unusual.
8. **Anticipation**- the act of looking forward; expectation or hope.

There are 8 basic types of emotions according to Psychologist Robert Plutchik, which was grouped into four pairs of opposites such as joy-sadness, anger-fear, trust-disgust, and surprise-anticipation. Plutchik also authored the "wheel of emotions" which was illustrated like the color wheel. According to Plutchik, emotions can be combined to form different feelings. For Plutchik, basic emotions act like building blocks while the complex or mixed emotions are blend of the basic ones. For instance, a combination of joy and trust creates love, contempt is a blend of anger and disgust.

In activity 2, you were tasked to give your reactions on the sample situation. All the emotions listed in letter B are basic emotions. These basic emotions are normal and important part of our lives. Some of these emotions are positive, some are negative. A combination of any two basic emotions may result to another emotion.

Your reaction on a situation might be different from others. Something funny to you might be frightful or disgusting to others. For instance, you might laugh when somebody farted in front of you, while others might feel disgusted and walk away. The worst is, some might yell and slap the person which shows anger. The difference in reaction depends on what the person feels on the situation. The emotion can be observed on the action, body language and facial expression of the person. The intensity of the emotion is also a factor on the reaction of the individual.

Intensity of Emotions

Emotional intensity refers to variations in the magnitude of emotional responses, an extreme degree of feeling. Therefore, the intensity of emotion identifies the action an individual will have. Intensity ranges from mild, moderate to strong.

There are instances when too strong emotion compels a person do something beyond the normal. A good example is when you unexpectedly receive a gift on your birthday, you might feel thrilled, others might feel happy, some might feel glad. Is there any difference with the terms? Yes, the intensity of the emotions.

If you will closely analyze Activity 2, the emotions are arranged based on intensity. All in letter A are Mild, letter B are moderate, letter C are strong.

Strong emotions should be dealt with caution as it may lead to action that a person might regret. For example, after feeling ecstasy for winning on the lottery, an overjoyed person might suffer heart attack. Moreover, a feeling of terror when somebody is trying to abuse you might end up making you quiet and not speaking or asking help to adult seven after being molested several times. It is getting common to hear news of a man or a woman committing suicide due to too much grief of losing a partner, girlfriend or a boyfriend.



Figure 1.
Robert Plutchik's *Wheel of Emotions*

In figure 1, Plutchik describes the inner circle as the strongest emotions, the next circle are the basic emotions which has moderate intensity, and the outer circle are the emotions with the mildest intensity

Another emotion was created because of a combination of two basic emotions.

For a clearer presentation of the Wheel of Emotions, look closely on the tabular presentation on the intensity of emotions. Observe that when two basic emotions on the second circle were combined, it results to another emotion.

<u>Outer Circle</u> Mild intensity emotions	<u>Second Circle/basic emotions</u> Moderate intensity emotions	<i>New emotions created in between two basic emotions in the second circle</i>	<u>Inner Circle</u> Strong intensity emotions
Serenity	Joy	<i>Joy + Trust= Love</i>	Ecstasy
Acceptance	Trust	<i>Trust + Fear = submission</i>	Admiration
Apprehension	Fear	<i>Fear + Surprise= Awe</i>	Terror
Distraction	Surprise	<i>Surprise + Sadness= disapproval</i>	Amazement
Pensiveness	Sadness	<i>Sadness + Disgust= Remorse</i>	Grief
Boredom	Disgust	<i>Disgust + Anger = Contempt</i>	Loathing
Annoyance	Anger	<i>Anger + Anticipation= Aggressiveness</i>	Rage
Interest	Anticipation	<i>Anticipation + Joy= Optimism</i>	Vigilance

In real-life situation, you may observe that before a person falls in love to a somebody, the first emotion is that they are happy together. While happily getting along with that person, trust starts to develop, and finally love blooms. It is common to see friends falling in love with each other because they trust and happy being together and ends up as lovers.

Now that we have learned the basic emotions and its intensity, let us study why do we need to control our emotions.

Is there any biological explanation of the emotions?

Your brain and your emotion

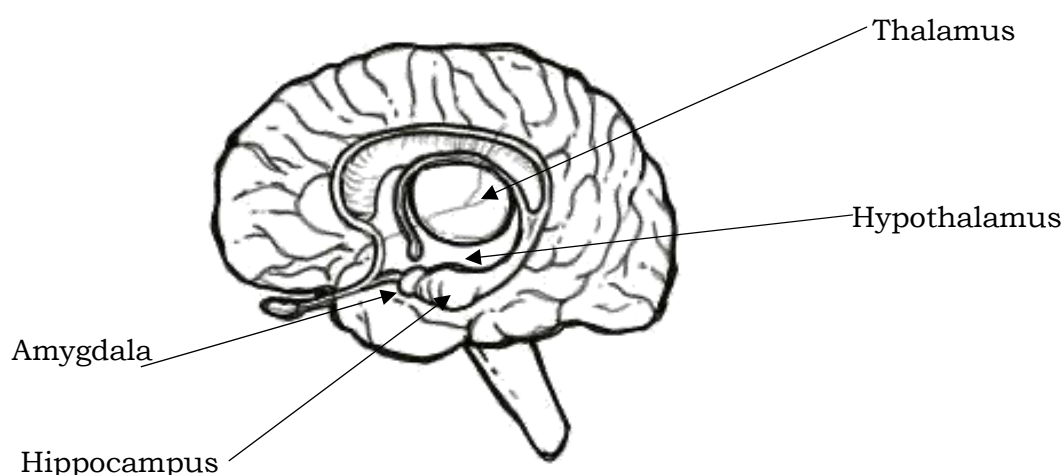


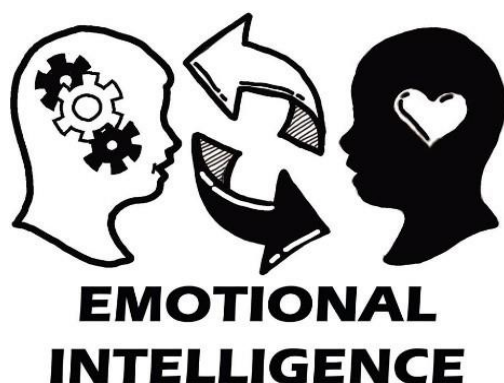
Figure 2. The Limbic System

Your brain is an organ of soft nervous tissue contained in the skull, functioning as the coordinating center of sensation, intellectual and nervous activity.

The **limbic system** controls emotion, memories and arousal. The almond-shaped section of nervous tissue called **amygdala** is the center of emotional processing. It is responsible for the perception of emotions such as anger, fear, and sadness, as well as the controlling of aggression. It stores value judgments we make and memories of behaviors that produce positive and negative experiences.

For example, while walking alone on the dark alley, you heard footsteps. Your reaction might be to walk faster or run with your best speed. This reaction results from prior negative experience while walking alone in a dark road, perhaps you've watched the same scene on television. The amygdala stores the memories of what you experienced or what you've watched. Then, it gave you judgment that something bad might happen to you, thus you feel fear, and react by running fast.

How does learning **Emotional intelligence (EI)** helps you to be successful?



The term Emotional Intelligence (EI) was created by two researchers – Peter Salovey and John Mayer but was popularized by Daniel Goleman in his 1995 book *Emotional Intelligence: Why It Can Matter More Than IQ*. Goleman discussed that EI is important to be successful in academic, professional, social, and interpersonal aspects of one's life and a skill that can be taught and cultivated in schools.

Emotional intelligence is defined as the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. Therefore, it is the key to both personal and professional success."

For Goleman EI is the ability to: 1) Recognize, understand, and manage our own emotions; 2) Recognize, understand and influence the emotions of others. This means being aware that emotions can drive our behavior and impact people either positively or negatively. Then, it is essential to learn how to manage those emotions especially when under pressure.

There are **five essential elements** of emotional intelligence.

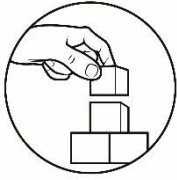
- | | |
|------------------------|--|
| Self-awareness | knowing what one is feeling at any given time and understanding the impact those moods have on others. |
| Self-regulation | controlling or redirecting one's emotions; anticipating consequences before acting on impulse. |
| Motivation | utilizing emotional factors to achieve goals, enjoy the learning process and persevere in the face of obstacles. |
| Empathy | sensing the emotions of others. |
| Social skills | managing relationships, inspiring others and inducing desired responses from them. |



Based on Goleman's study, how a person react in a situation may influence others and affect efficiency. Therefore, a person must avoid making decisions when under pressure, feeling down or when experiencing too strong emotions such as when so happy or very angry. It may lead to wrong or inappropriate decisions and actions.

Look at these questions presented earlier. If you answered yes in each of the questions, then you are already practicing the essential elements of emotional intelligence in the past without knowing it.

Do you	Yes	No
a) know that your emotions and actions may affect others?		
b) control your emotions not to verbally attack others?		
c) enjoy the learning process and persevere in the face of obstacles?		
d) you work hard to see things through others' eyes; put yourself in someone else's position?		
e) inspire others and induce desired responses from them?		



What's More

Exploring Basic Emotions

Joy, sadness, anger, fear, trust, disgust, surprise, and anticipation are the basic emotions that an adolescent should be able to control. In order to do such, a person should be aware on the characteristics, signs and behaviors associated with the emotions.

Directions: Choose the appropriate basic emotions from the word box. Write your answer on a separate answer sheet.

<u>WORD BOX</u>			
Joy	Sadness	Anger	Fear
Trust	Disgust	Surprise	Anticipation

1. A feeling of mild astonishment or shock caused by something unexpected and characterized by raised eyebrows.
2. A state of well-being and contentment characterized by enjoyment of simple things and harmonious relationship with others.
3. It is a feeling of revulsion or strong disapproval aroused by something unpleasant or offensive.
4. An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. It is characterized by body trembling, hands sweating, rapid heartbeat and shortness of breath.
5. A strong feeling of annoyance, displeasure, or hostility characterized by headache. stomachache clenching jaws and grinding teeth.
6. The feeling of being unhappy, especially because something bad has happened. People who experience this emotion displays quietness, looks weary, and withdraw themselves from others.
7. A firm belief in the reliability, truth, ability, or strength of someone or something.
8. A feeling of excitement about something pleasant or exciting.
It is characterized by expectation, hope and realization in advance.



What I Have Learned

At this point, it is expected that you have gained concrete knowledge on basic emotions and its intensity, emotional intelligence, and the effective way of managing emotions.

Directions: Fill in the blanks. Write your answer on the answer sheet.

1. _____ is the center of emotional processing responsible for the perception of emotions such as anger, fear, and sadness, as well as the controlling of aggression.
2. _____ is defined as the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.
3. _____ is a subjective state of mind triggered by a certain stimuli or events which occur in the environment. It is a reaction to a certain event that happens.
4. The term Emotional Intelligence–EQ or EI was created by two researchers Peter Salovey and _____.
5. There are seven universal emotions which includes: surprise, sadness, disgust, fright, anger, and contempt.
6. The intensity of emotion from least to strongest are classified into mild, moderate, or _____.
7. There are eight basic emotions presented in opposites such as: Joy–Sadness, Anger–Fear, Trust–Disgust, and _____.

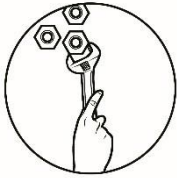
The five essential elements of emotional intelligence are:

Self- awareness- knowing what one is feeling at any given time and understanding the impact those moods have on others.

8. _____ - controlling or redirecting one's emotions; anticipating consequences before acting on impulse.

Motivation-utilizing emotional factors to achieve goals, enjoy the learning process and persevere in the face of obstacles.

9. _____ - sensing the emotions of others.
10. _____ -managing relationships, inspiring others and inducing desired responses from them.



What I Can Do

As an adolescent, there are numerous situations that might challenge your emotional intelligence. Your actions as a result of emotions felt is probably triggered by the intensity of the emotions. Therefore, it is better to discuss what will you do if you will encounter these situations, to better understand the feelings, its intensity, and plan how to communicate emotional expressions positively. Write your answer on the answer sheet.

Situations	Kind of Emotion	Intensity	Actions (How to communicate expressions effectively)
<i>Example: An adult in your neighborhood seems to be disrespecting you by violating your personal space.</i>	<i>anger</i>	<i>strong</i>	<i>I will inform my neighbor that violating my personal space such as going inside my house without my consent is a big "NO" to me and I will report it to the proper authorities.</i>
1. Your friends came to your house without your prior information. They brought food, balloons, and gift and initiated a simple birthday celebration for you.			
2. Your parents kept on telling you not to fear failure and it would be better to accomplish things one at a time. They also remind you that you need to believe on your strengths and talents.			
3. You were asked to report the group output in front of the class.			
4. You cannot go out of the house as you are only 18 years old, and your place is under general community quarantine.			

5. You are seated next to a man with unpleasant body odor.			
6. Your teachers asked you to submit your outputs online, but you do not have internet connection and gadgets to use.			
7. You were given the highest recognition during graduation while your friend who used to be rank 1 became the second best.			



Assessment

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Universal emotion includes surprise, sadness, disgust, happiness, fright, anger, and_.
 - a. love
 - b. jealousy
 - c. contempt
 - d. optimism
2. The following are basic emotion EXCEPT
 - a. optimism
 - b. trust
 - c. anger
 - d. joy
3. Intensity of emotion ranges from mild, moderate to_.
 - a. more moderate
 - b. milder
 - c. least
 - d. strong
4. The inner circle of the wheel of emotions has the_.
 - a. strongest emotions
 - b. positive emotions
 - c. negative emotions
 - d. best emotions
5. The term emotional intelligence was coined by
 - a. Daniel Goleman and Robert Plutchik
 - b. Peter Salovey and John Smith
 - c. Peter Salovey and John Mayer
 - d. Daniel Goleman and John Mayer
6. Emotional Intelligence was popularized by Daniel Goleman in his 1995book *Emotional Intelligence: Why It Can Matter More Than IQ*.
 - a. false
 - b. not sure
 - c. true
 - d. not mentioned
7. Emotion is defined as
 - a. a measure of your ability to reason and solve problems.
 - b. the ability to recognize your feelings.
 - c. subjective state of mind triggered by a certain stimuli or events which occur in the environment.
 - d. a feeling or display of sullen anger or irritability, that begins suddenly or lasts a relatively short time.

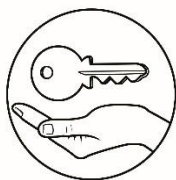
8. The almond-shaped section of nervous tissue responsible for emotional processing is_____.
- amygdala
 - hippocampus
 - thalamus
 - hypothalamus
9. This is the ability to control emotions and impulses.
- self-awareness
 - self-centered
 - self-regulation
 - self-confidence
10. People who are successful with this element of EI knows what one is feeling at any given time and understands the impact those moods have on others.
- self-regulation
 - self-awareness
 - self-centered
 - self confidence
11. It is the ability to identify with and understand the wants, needs, and viewpoint of those around you.
- motivation
 - self-regulation
 - empathy
 - social skills
12. People with a high degree of___are highly productive, loves challenge, and are very effective in whatever they do.
- motivation
 - empathy
 - self-regulation
 - social skills
13. Those strong with these skills are typically team players. They help others develop and focus on their own success.
- empathy
 - motivation
 - self-regulation
 - social skills
14. It is important to manage your emotions when
- Dealing with change
 - not having enough resources
 - dealing with setbacks and failure
 - a, b, and c
15. Statement1: You need to recognize, understand, and manage our own emotions.
Statement 2: You must recognize, understand, and influence the emotions of others.
- only statement 1 is correct.
 - only statement 2 is correct.
 - both statement 1 and 2 is correct.
 - both statement 1 and 2 is wrong



After learning something, it is important to reflect. Reflection involves careful thought, and reconsidering previous actions, events, or decisions that you made. After contemplating, write a diary note and write down your thoughts there. Be guided by the instructions below.

1. Prepare a title that would best describe the strongest emotions that you included in your reflection.
2. How did you communicate your emotions (*example: anger, happiness, fear, trust, disgust*) to your parents, friends and classmates in the past? Cite instances.
3. What made you do those actions?
4. If the same instance will happen now that you have learned emotional intelligence, would you do the same? Why? Why not?
5. Conclude your reflection with the best way to show understanding of different emotions.

CO_Q1_Personal Development SHS
Module 14



Answer Key

<p>Assessment</p> <p>1. C 2. A 3. D 4. A 5. C 6. C 7. C 8. A 9. C 10. B 11. C 12. A 13. D 14. D 15. C</p>	<p>What's More</p> <p>1. Surprise 2. Joy 3. Disgust 4. Fear 5. Anger 6. Sadness 7. Trust 8. Anticipation</p>	<p>What I Know</p> <p>1. D 2. C 3. D 4. D 5. A 6. B 7. A 8. A 9. C 10. B 11. D 12. D 13. C 14. B 15. C</p>
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