



Emotions Management

ASSESSMENT # 8

Total Marks: 30

Answer the following questions:

Q: 1: Short Questions (15)

- I. What do emotions tell us?
- II. What are values?
- III. How would you create your own vision?

Q: 2: Discuss the seven basic human emotions. (7)

Q: 3: Describe Plutchik's wheel of emotions. (8)