

9. What is one of the explanations given for why some people have a low tolerance for frustration?
10. List two of the 8 anger management strategies noted in the PowerPoints?

Questions from the HAPPINESS PowerPoints:

1. What are the two key components of happiness?"
2. What is the difference between an autotelic and exotelic experience?
3. List two of the positive characteristics that we know about "happy people."
4. Define and give an example of "destination addiction."
5. List 2 reasons that some people fear "happiness."
6. Define "anhedonia."
7. What is one of the physiological changes that happen from laughter?
8. What is one of the most significant predictors of one's life satisfaction?
9. Define 'flow.'

Questions from the HEALTHY RELATIONSHIPS PowerPoint show:

1. What do we know about the benefits of being able to form good relationships with others?
2. We talked about some different theories as to how people are motivated to seek out the development of good relationships. Understand the differences between these theories: attachment theory, McLelland's theory of need affiliation and social exchange theory.