

Name: _____

Period: _____

Emotional Health Chapter 2

Use complete sentences to explain the significance of each of the following:

1. What is meant by emotional health? _____

2. Define thoughts. _____

3. Define values. _____

4. What are values? _____

5. What happens when a person has two values that conflict? _____

6. Define status. _____
7. Define emotion. _____
8. What is emotional intelligence? _____

9. What is the definition of resentment? _____

10. What does it mean to suppress something? _____
11. What is a confrontation? _____

12. Describe what a support system is.

13. Define conflict? _____

14. Define violence? _____



Health Making Life Choices 2nd Edition Chapter Resource 8

Ambika Ravindran, Sonali Banerjee



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