

## Unit 8A Sample Questions

1. \_\_\_\_\_ is defined by psychologists as a need or desire that energizes and directs behavior toward a goal. (**Motivation**)
2. A complex, unlearned, and fixed pattern of behavior common to all members of a species is called a(n) \_\_\_\_\_. (**instinct**)
3. \_\_\_\_\_, which is the goal of drive reduction, is defined as the body's tendency to maintain a constant internal state. (**Homeostasis**)
4. \_\_\_\_\_ is characterized by episodes of overeating followed by vomiting. (**Bulimia nervosa**)
5. Sheila is more fearful of loneliness than of remaining in a physically abusive relationship with her boyfriend. This best illustrates the potentially harmful impact of \_\_\_\_\_ needs. (**belongingness**)
6. The basic components of emotion are: (**expressive behaviors, physiological arousal, and conscious experience.**)
7. According to the \_\_\_\_\_ theory, the experience of an emotion occurs simultaneously with physiological arousal. (**Cannon-Bard**)
8. Which division of the nervous system arouses the body and mobilizes its energy in emotionally stressful situations? (**Sympathetic**)
9. The text defines \_\_\_\_\_ as the process by which we perceive and respond to environmental threats and challenges. (**Stress**)
10. The three successive phases of the general adaptation syndrome are: (**alarm reaction, resistance, and exhaustion**).

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