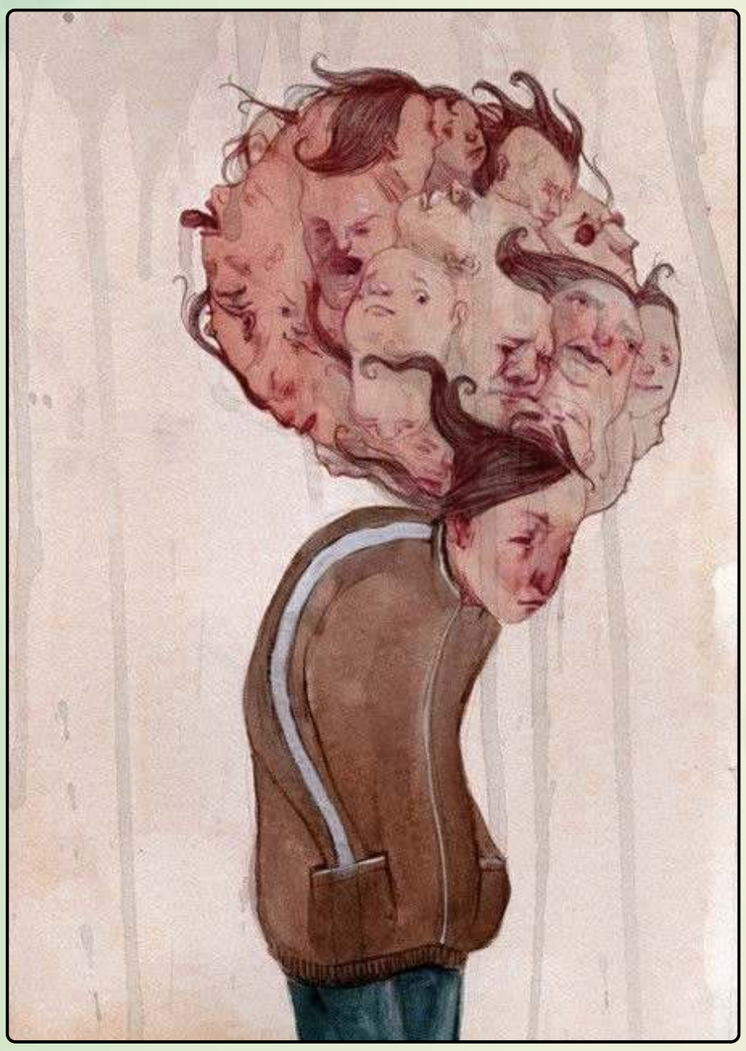
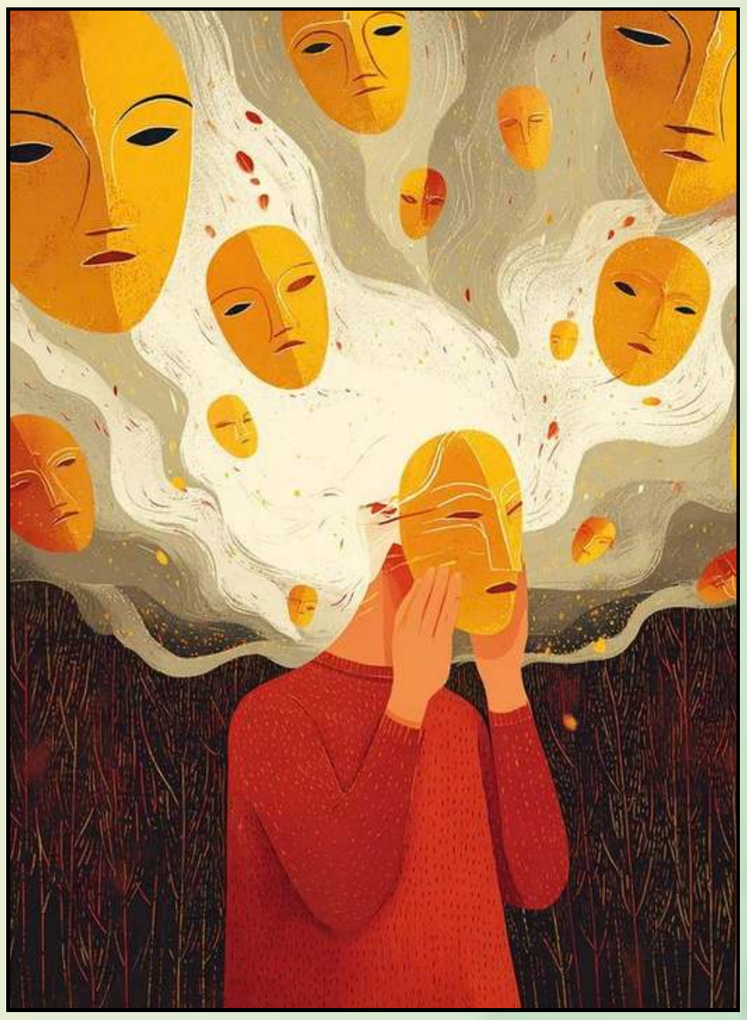
EMOTIONAL CONTAGION

How other people's emotions

can affect us



Have you ever entered a room where everyone seemed stressed and suddenly felt tense yourself? This may be an example of emotional contagion, the tendency to unconsciously absorb and reflect the emotions of people around us. We can pick up emotional signals through facial expressions, tone of voice, body language, and even the general atmosphere of a group



Emotional contagion can happen in both positive and negative situations. Someone's enthusiasm may increase our own energy, while another person's anxiety may make us feel uneasy. Although we cannot completely control how other people affect our emotions, becoming aware of these influences can help us respond more consciously instead of simply reacting to them.

Vocabulary

Contagion	سرایت
Unconsciously	ناخودآگاه
Absorb	جذب کردن

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1 EXERCISE 1 – WHAT IS EMOTIONAL CONTAGION?

A) The ability to hide our emotions from others.

B) The unconscious influence of other people's emotions on us.

2 EXERCISE 2 – CHOOSE THE CORRECT SENTENCE

A) We can absorbs emotions without realizing it.

B) We can absorb emotions without realizing it.

3 EXERCISE 3 – EMOTIONAL CONTAGION CAN BE POSITIVE OR NEGATIVE.

A) True

B) False

4 EXERCISE 4 – WHICH WORD MEANS «ناخودآگاه»?

A) Enthusiasm

B) Unconsciously

Answer Key

EXERCISE 1 ---------- **B**

EXERCISE 2 ---------- **B**

EXERCISE 3 ---------- **A**

EXERCISE 4 ---------- **B**

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