**1. Which of the following sentences best explains what “mirror neurons” do?**

a. Mirror neurons help us to recognize similarities between ourselves and other people in our social groups.

b. Mirror neurons prepare us to figure out what someone’s next move will be so that we can accurately respond to whatever they say or do.

c. Mirror neurons help to “connect our brains” so we can better sense what another person is about to do and then do something similar.

d. Mirror neurons help us to be the upbeat member of the group, so that we don’t bring the rest of the group down.

**2. The author claims that, “sometimes the facial expression actually starts the emotional process.” Which statement accurately reflects what the author means?**

a. Sometimes just the act of smiling will help to get us out of a bad mood, and it might even cause other people who see us smile to smile, too.

b. Facial expressions are always the main determinant of our mood.

c. When we smile it always triggers something in other people that makes them smile as they look at us.

d. Researchers used to think that our mood affected our facial expression, but now they know that it is only our facial expression that affects our mood.

**3. Which of the following statements can we reasonably infer from this reading?**

a. Depression is a serious issue and if you are depressed you should do more research on facial expressions.

b. Our workplace is the biggest factor in whether we are happy or not.

c. Mirror neurons make us happy and we need to work in an environment where many mirror neurons are present.

d. Moods and emotions can be and are often contagious. It is important to be aware that everything from our facial expressions to our work environment can affect our mood.

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