

Viral Life-Changing Theories

Psychology · Answer Key · 21 Questions

1. According to the burnt toast theory, if you experience a delay like missing a bus, what does it signify?

- A) It's a random inconvenience.
- B) You are being delayed for a reason.**
- C) It's a sign of bad luck.
- D) You should try to rush more next time.

2. The 90-second theory suggests that an emotion chemically lasts for how long in the body?

- A) 30 seconds
- B) 60 seconds
- C) 90 seconds**
- D) 120 seconds

3. If you continue to feel an emotion after 90 seconds, what does the 90-second theory suggest you are doing?

- A) Experiencing a strong emotional response.
- B) The emotion is genuinely powerful.
- C) You are keeping the emotion alive.**
- D) Your body is reacting chemically.

4. The 'invisible guest' aspect of the invisible guest theory implies that at social gatherings, most people are:

- A) Intensely focused on you.
- B) Observing your every move.
- C) Thinking about their own issues.**
- D) Judging your appearance.

5. The invisible guest theory advises against living your life as if you are:

- A) Alone.
- B) Under a microscope.**
- C) Unnoticed.
- D) On vacation.

6. What action is recommended by the sunflower theory when your mood drops?

- A) Listen to music.
- B) Go inside and rest.
- C) Go outside and face the sky.**
- D) Call a friend.

7. According to the sunflower theory, how long should you turn your face toward the sky for the benefits to take effect?

- A) 10 seconds
- B) 30 seconds
- C) 60 seconds**
- D) 90 seconds

8. What physiological effects are suggested by the sunflower theory's practice?

- A) Increased heart rate and adrenaline.
- B) Brain regulation of cortisol and nervous system reset.**
- C) Stimulation of digestion.
- D) Enhanced muscle growth.

9. In the unfinished room theory, what do the people in your life build inside you?

- A) Memories
- B) A 'room'**
- C) A foundation
- D) A garden

10. The unfinished room theory suggests that even after a person leaves, the 'room' they influenced:

- A) Disappears completely.
- B) Stays and quietly affects you.**
- C) Needs to be demolished.
- D) Is immediately forgotten.

11. Who ultimately decides what stays and what doesn't in the 'room' built by people in your life, according to the unfinished room theory?

- A) The people who built the room.
- B) External therapists.
- C) You.**
- D) Time.

12. The title suggests that these theories will ACTUALLY change your life. What does 'actually' imply in this context?

- A) The theories are fictional.
- B) The theories are impactful and real.**
- C) The theories are for entertainment only.
- D) The theories are unproven.

13. The burnt toast theory encourages you to 'trust the process.' What does this mean in relation to life's setbacks?

- A) Avoid all planning.
- B) Believe that things will work out as they should.**
- C) Resist any change.
- D) Focus only on the negative.

14. The 90-second theory implies that prolonged negative emotions are a result of:

- A) External circumstances.
- B) Chemical imbalances.
- C) Self-perpetuation.**
- D) Lack of willpower.

15. The text mentions using the 'yent now app' to check for self-sabotage. What is the purpose of this app in the context of the 90-second theory?

- A) To induce emotions.
- B) To track physical health.
- C) To identify if you're prolonging emotions.**
- D) To find new social connections.

16. The invisible guest theory suggests that people are often 'trapped in their own head.' What does this mean?

- A) They are physically confined.
- B) They are preoccupied with their own thoughts and feelings.**
- C) They are always thinking about others.
- D) They are unaware of their surroundings.

17. The sunflower theory utilizes 'natural light exposure.' What is the primary signal this sends to the brain?

- A) To increase stress hormones.
- B) To shut down the nervous system.
- C) To regulate cortisol and reset the nervous system.**
- D) To induce sleep.

18. In the unfinished room theory, what are some ways people might interact with the 'room' they build inside you?

- A) They fully complete it.
- B) They decorate it or leave mid-remodel.**
- C) They always reinforce it.
- D) They ignore it completely.

19. The unfinished room theory states that the 'room' affects how you love, trust, and attach. This suggests that past relationships have a lasting impact on:

A) Your physical appearance.

B) Your emotional and relational patterns.

C) Your financial status.

D) Your career choices.

20. The core message of the burnt toast theory is about accepting life's unexpected detours and believing in a greater purpose.

A) True

B) False

21. The 90-second theory is a scientific discovery about the duration of chemical reactions in the body related to emotions.

A) True

B) False