Open Your Class With This Tomorrow- *Bittersweet*

Part 1: Bittersweet Quiz
Directions: Rate each statement below on a scale of 0 (not at all) to 10 (completely). Once you have responded to all the questions, take an average of your scores.

Take this online go to:
https://susancain.net/susans-bittersweet-quiz/

1. Do you tear up easily at touching TV commercials?   _____

2. Are you especially moved by old photographs? _____

3. Do you react intensely to music, art, or nature? _____

4. Have others described you as an "old soul"? _____

5. Do you find comfort or inspiration in a rainy day? _____

6. Do you know what the author C. S. Lewis meant when he described joy as a "sharp, wonderful stab of longing"? _____

7. Do you prefer poetry to sports (or maybe you find the poetry in sports)? _____

8. Are you moved to goosebumps several times a day? _____

9. Do you see "the tears in things"? _____

10. Do you feel elevated by sad music? _____

11. Do you tend to see the happiness and sadness in things, all at once? _____

12. Do you seek out beauty in your everyday life?   _____

13. Does the word poignant especially resonate with you? _____

14. When you have conversations with close friends, are you drawn to talking about their past or current troubles? _____

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Results
If you scored between 0 and 3.8, you tend toward the sanguine (cheerfully optimistic).

If you scored between 3.9 and 5.7, you tend to move easily between sanguine and bittersweet states (or to experience both states to moderate degrees).

If you scored between 5.8 and 10, you're a true connoisseur of bittersweetness: the place where light and dark meet.

Part II: Bittersweet Playlist
https://susancain.net/wp-content/uploads/Screen-Shot-2022-02-24-at-1.35.13-PM.png

Directions: Take a look and a listen to some of the songs Susan Cain has compiled on this Bittersweet playlist. Add at least two more songs and explain why this song represents bittersweet feelings.

Song #1 Title:
Explanation:

Song #2 Title:
Explanation: