

Video SOS Help For Emotions

DISC ONE QUIZ AND EXERCISES COVERING VIDEO CHAPTERS 1, 2, & 3.

Disc One Questions covering Video Chapters One, Two, and Three. Select the one best answer to the following questions and circle it. Some questions are easy and some are difficult. No one is expected to get them all right.



1. Irrational Beliefs include:
 - a. Absolute Shoulds
 - b. Five Hot Links
 - c. Demanding that things go our way
 - d. All of the above
2. Our four core emotions are:
 - a. depression, contentment, anxiety, and frustration.
 - b. contentment, depression, anxiety, and anger.
 - c. depression, anxiety, anger, and more anger.
 - d. anxiety, fear, anger, and low self-esteem.
3. Our emotions are largely, but not entirely, controlled by:
 - a. unpleasant situations.
 - b. unpleasant situations and difficult people.
 - c. our genetic makeup and childhood experiences.
 - d. our beliefs and self-talk.
4. Our job success and positive evaluations by supervisors is highly related to our:
 - a. good luck.
 - b. emotional intelligence.
 - c. the position of the stars at our birth.
 - d. general intelligence.
5. The letters REBT stand for:
 - a. reality effort behavior therapy.
 - b. rational emotive behavior therapy.
 - c. responsibility emotions behavior thinking.
 - d. reality empathy balance theory.
6. Which of the following is false?
 - a. beliefs and self-talk are what we believe and tell ourselves about activating events.
 - b. beliefs and self-talk are both rational and irrational.
 - c. beliefs and self-talk include only rational beliefs.
 - d. beliefs and self-talk are activated or awakened by activating events.
7. Our C consequences of emotions and behaviors are caused by:
 - a. events and situations.
 - b. beliefs and self-talk about events and situations.
 - c. genetics, heredity, and early childhood experiences.
 - d. how others treat us.
8. Believing that A activating events directly cause C consequences of emotions and behaviors is called:
 - a. straight thinking.
 - b. A-B-C thinking.
 - c. healthy thinking.
 - d. crooked thinking
9. To live contentedly requires:
 - a. knowing the ABC's of our emotions.
 - b. considerable luck.
 - c. ignorance and a naive attitude.
 - d. a high IQ or a good education.
10. Which of the following major musts leads to emotional distress?
 - a. You (he or she) must!
 - b. The world and the conditions under which I live must!
 - c. I must!
 - d. all of the above lead to emotional distress.
11. Which of the following choices is not one of the five hot connecting links?
 - a. awfulizing.
 - b. I-can't-stand-it-is.
 - c. preferences and wishes.
 - d. I'm worthless.
12. What connects the three major musts to unhealthy, unpleasant emotions?
 - a. always & never.
 - b. condemnation & damnation.
 - c. I'm worthless.
 - d. all of the above can connect the three major musts to unhealthy, unpleasant emotions.
 - e. none of the above can connect the three major musts to unhealthy, unpleasant emotions.
13. What is a primary cause of emotional distress?
 - a. advancing our wishes and desires to absolute shoulds and demands.
 - b. keeping our wishes and desires as wishes and desires.
 - c. acknowledging to ourselves that we have wishes and desires.
 - d. acknowledging to others that we have wishes and desires.
14. Our irrational beliefs originate from:
 - a. our parents and family.
 - b. society-at-large.
 - c. mass media.
 - d. our own peculiar thinking.
 - e. all of the above.

(See the next page for continuing
DISC ONE QUIZ & EXERCISES)

DISC ONE QUIZ AND EXERCISES
COVERING VIDEO CHAPTERS 1, 2, & 3.
(Continued)

15. Which of the following self-talk statements reflects rational A–B–C thinking, taking responsibility for our own negative feelings?
- "She hurt my feelings by what she said."
 - "My boss really made me mad and the more I thought about what he did, the madder I got."
 - "I got myself all upset over that clerk's behavior"
 - "It made me depressed all day after he told me about that terrible experience he had."

Disc One Exercises covering Video Chapters 1, 2, & 3. Please complete.

Exercise A:

What do the following letters stand for?

A _____
 B _____
 C _____

Exercise B:

The Three Basic Musts/Shoulds are:

Exercise C:

List as many of the Five Hot Connecting Links as possible. (Remember CIA, IA.)

Read, Study, Practice!

Exercise D:

The four Basic Emotions are:

**DISC ONE QUIZ AND EXERCISES
COVERING VIDEO CHAPTERS 1, 2, & 3.
(Continued)**

Exercise E:

Select a recent situation with which you are (or were) upset and then complete this form.

ABC Self-Analysis Form

Date: _____

A Activating Event (Unpleasant event or situation; can be anticipated events):

B Beliefs And Self-Talk Statements (Your irrational beliefs and self-talk statements; especially your musts, absolute shoulds, and five hot links):

C Consequences: Emotional & Behavioral (Your unpleasant emotion and maladaptive behavior):
Emotions:

Behavior (or contemplated behavior):

The following are steps for doing an ABC Self-Analysis.

- First, enter what you think is your A activating event.
- Second, write in your C consequences: emotions and behaviors.
- Third, listen closely to your B beliefs and self-talk-statements. Then write in your suspected irrational beliefs and self-talk statements. Especially look for your use of the three major musts and shoulds and your use of the five hot connecting links (I-can't-stand-it-is, etc.). *Detecting your B Beliefs and Self-Talk Statements is the most challenging part of your analysis.*

(End of DISC ONE QUIZ & EXERCISES)

Answers to Part One Questions:

1d 2b 3d 4b 5b 6c 7b 8d 9a 10d 11c 12d 13a 14e 15c

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