

Video SOS Help For Emotions

DISC TWO QUIZ AND EXERCISES COVERING VIDEO CHAPTERS 4, 5, & 6.

Part TWO Questions covering Video Chapters Four, Five, and Six. 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. The three major musts:
 - a. include preferences and wishes.
 - b. lead to emotional stability.
 - c. include shoulds and oughts.
 - d. help us to achieve our goals.
2. Managing our emotions is a big part of:
 - a. our emotional intelligence.
 - b. success in achieving our goals.
 - c. our happiness.
 - d. all of the above are correct.
3. An example of an emotional problem (rather than a practical problem) is:
 - a. poor grades.
 - b. running two months behind on the rent.
 - c. not having a date for Saturday night.
 - d. anxiety about having only 50 dollars in the checking account.
 - e. all of the above are correct.
4. Regarding practical problems and emotional problems,
 - a. it's best to deal with the emotional problem before the practical problem.
 - b. it's best to deal with the practical problem before the emotional problem.
 - c. it doesn't make any difference which one is dealt with first.
 - d. nearly all problems are impossible to deal with.
5. Which of the following is a true statement?
 - a. it's best to set a goal of how you want to feel and act in response to difficult situations.
 - b. it's best to choose a "role model" from violent action movies.
 - c. whom you choose as a "role model" doesn't have any influence on your behavior or emotions.
 - d. none of the above is a true statement.
6. Helping yourself to feel annoyance instead of anger or rage is called:
 - a. deciding on a goal for your emotions.
 - b. practicing mental imagery.
 - c. self-deceptive and absurd.
 - d. replacing unhealthy emotions with healthy ones.
7. Changing your demands and musts into wishes and preferences:
 - a. is unhealthy.
 - b. increases frustration.
 - c. is ridiculous.
 - d. is healthy.



8. The statement, "I don't like it, that's ok, I can stand it any way," is called:
 - a. distraction and diversion.
 - b. coping self-talk statement.
 - c. mental imagery.
 - d. an activating event.
9. Knowing our irrational beliefs and self-talk is:
 - a. essential to managing our emotions.
 - b. important in avoiding emotional problems.
 - c. helpful in soothing our emotions.
 - d. all of the above are correct.
10. Rational beliefs, as opposed to irrational beliefs:
 - a. include the five hot links.
 - b. are self-helping, logical, reality-based, and useful.
 - c. are normally based on shoulds, musts, and oughts.
 - d. are not much fun.
11. Asking yourself, "What am I saying to myself about myself or about others?" is an example of:
 - a. disputing and debating irrational beliefs.
 - b. detecting and identifying irrational beliefs.
 - c. an activating event.
 - d. consequences, emotional and behavioral.
12. How long do you need to debate an irrational belief?
 - a. until you get annoyed with yourself.
 - b. until you detect another irrational belief.
 - c. until the irrational belief argues back.
 - d. until you no longer believe it.
13. Believing the world is too hard and telling yourself, "I can't stand it being so hard," is:
 - a. frustration.
 - b. low frustration tolerance.
 - c. rational thinking.
 - d. calming and soothing yourself.
 - e. low self-acceptance.
14. Saying to yourself, "I don't think I will lose my job, but if I do I can stand it. And I will get another one," is an example of:
 - a. positive thinking.
 - b. frustration.
 - c. rational thinking.
 - d. unrealistic, irrational thinking.
15. Believing, "The world absolutely must be fair to me," is an example of:
 - a. setting yourself up to feel miserable.
 - b. irrational thinking.
 - c. a cause of anger, anxiety, and depression.
 - d. all of the above are true.

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

DISC TWO QUIZ AND EXERCISES
COVERING VIDEO CHAPTERS 4, 5, & 6.
(Continued)

Exercise A:

Write in the missing names on the four lines.

ABC View Of Our Emotions

A	B	C	D
<div style="border-bottom: 1px dashed black; width: 100%; margin-bottom: 5px;"></div> <div style="border-bottom: 1px solid black; width: 100%;"></div>			

Exercise B:

How Self-Talk Causes Emotions. Fill in the lines.

Three Major Musts/Shoulds are:

- 1 _____
- 2 _____
- 3 _____

Read, Study, Practice!

Five Hot Links (remember CIA, IA) are:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Three Main Unhealthy Emotions are:

- 1 _____
- 2 _____
- 3 _____

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

DISC TWO QUIZ AND EXERCISES
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(Continued)

Exercise C:

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):

D Dispute And Debate (Dispute your irrational beliefs and self-talk; especially your musts, absolute shoulds, and five hot links):

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-it-is, etc.). *Detecting your B Beliefs and Self-Talk Statements is the most challenging part of your analysis.*
- Write in possible Dispute statements.

(End of DISC TWO QUIZ & EXERCISES)

Answers to Part Two Questions:

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