

Video SOS Help For Emotions

DISC THREE QUIZ AND EXERCISES COVERING VIDEO CHAPTERS 7, 8, & 9.

Part THREE Questions covering Video Chapters Seven, Eight, and Nine. 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. Basic feelings and emotions which cause considerable distress are:
 - a. anger.
 - b. depression.
 - c. anxiety and fear.
 - d. all of the above.
2. What can contribute to an anxiety disorder?
 - a. medical problems and conditions.
 - b. bad situations.
 - c. irrational beliefs.
 - d. all of the above.
3. When feeling worried, tense, or anxious, it's important to:
 - a. distract ourselves by thinking about something else.
 - b. acknowledge that our beliefs and self-talk mainly cause our emotions.
 - c. acknowledge that most bad events are the cause of our emotional problems.
 - d. find the person who is responsible for making us feel this way and deal directly with that person.
4. *SOS Help For Emotions* is based on:
 - a. ABC view of our emotions.
 - b. rational emotive behavior therapy.
 - c. both of the above.
 - d. none of the above.
5. When coping with anxiety it's especially important to:
 - a. deal first with the emotional problem.
 - b. replace major musts with preferences and wishes.
 - c. use coping self-talk statements.
 - d. drop any of the five hot links that you are using.
 - e. all of the above are especially important.
6. When feeling upset and anxious, one of the worst things you could do is to:
 - a. consider a trial period on antianxiety medication.
 - b. consider having a physical exam.
 - c. use alcohol or "recreational" drugs.
 - d. meet with a therapist.
7. Of the following emotions, which is least frequently admitted as being an emotional problem?
 - a. anxiety.
 - b. anger.
 - c. depression.
 - d. poor mechanical aptitude.



8. Experiencing "considerable emotional distress or significant impairment in relationships with others or significant impairment as a wage earner, homemaker, or student," is a description of:
 - a. a long-suffering individualist.
 - b. an emotional problem.
 - c. an emotional disorder.
 - d. none of the above is correct.
9. Anger is primarily determined by:
 - a. other people acting badly, wrongfully, and inconsiderately.
 - b. an unfair world.
 - c. an adrenalin surge or rush.
 - d. what we believe and tell ourselves about bad events.
10. An unpleasant situation which you believe has made you angry is called:
 - a. consequences of emotions and behavior.
 - b. an activating event.
 - c. beliefs and self-talk.
 - d. dispute and debate.
11. What is the best method for managing your anger so that it is less upsetting to you?
 - a. saying to yourself, "I don't get angry."
 - b. holding the anger in and letting it dissipate.
 - c. letting the anger out and expressing it.
 - d. turning the anger down.
12. A prime "trigger" for one's anger is:
 - a. low frustration tolerance.
 - b. a threat to our self-worth.
 - c. valuing toughness and aggression.
 - d. all of the above are prime triggers.
13. A prime "trigger" for one's depression is:
 - a. thinking about the possibility of losing something important in the future.
 - b. the loss of something important.
 - c. accepting the loss of something important, without demanding that it must not have happened.
 - d. none of the above is a prime trigger for depression.
14. The primary way to deal with low self-esteem is to:
 - a. set up a program to improve your personal characteristics and accomplishments.
 - b. work on getting more people to like you.
 - c. work on gaining self-acceptance.
 - d. go to a summer camp that builds self-esteem.
15. Most serious emotional problems stem from:
 - a. irrational beliefs and thoughts.
 - b. emotional trauma and a psychologically impoverished childhood.
 - c. poor communication skills and impaired social skills.
 - d. unconscious sexual and aggressive needs and motives.

DISC THREE QUIZ AND EXERCISES
COVERING VIDEO CHAPTERS 7, 8, & 9.
(Continued)

Exercise A:

Write in the missing names on the four lines.

ABC View Of Our Emotions

A	B	C	D
<div style="position: relative; height: 100%;"> <div style="position: absolute; top: 0; left: 0; right: 0; bottom: 0; border-left: 1px solid black; border-right: 1px solid black;"></div> </div>	<div style="position: relative; height: 100%;"> <div style="position: absolute; top: 0; left: 0; right: 0; bottom: 0; border-left: 1px solid black; border-right: 1px solid black;"></div> </div>	<div style="position: relative; height: 100%;"> <div style="position: absolute; top: 0; left: 0; right: 0; bottom: 0; border-left: 1px solid black; border-right: 1px solid black;"></div> </div>	<div style="position: relative; height: 100%;"> <div style="position: absolute; top: 0; left: 0; right: 0; bottom: 0; border-left: 1px solid black; border-right: 1px solid black;"></div> </div>

Exercise B:

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

Three Major Musts/Shoulds are:

- 1 _____
- 2 _____
- 3 _____

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 THREE QUIZ & EXERCISES)

**DISC THREE QUIZ AND EXERCISES
COVERING VIDEO CHAPTERS 7, 8, & 9.
(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-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 THREE QUIZ & EXERCISES)

Answers to Part Three Questions:

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

© by Lynn Clark, Ph. D.
www.sosprograms.com