

1 Video SOS Help For Emotions

DISC THREE QUIZ AND EXERCISES - 2nd SET, COVERING VIDEO CHAPTERS 7, 8, & 9 AND/OR BOOK CHAPTERS 10 & 11

Part Four Questions also cover Book Chapters 10 & 11. 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. If you become emotionally upset while dealing with a difficult person, it's important to:
 - a. deal first with your distress and then with the difficult person.
 - b. deal first with the difficult person and then with your distress.
 - c. not give in to the demands of a difficult person as it will only reinforce that person's difficult behavior.
 - d. avoid difficult people.
2. In the ABC view of our emotions, the behavior of a difficult person can be considered as:
 - a. consequences of emotions and behavior.
 - b. an activating event.
 - c. beliefs and self-talk.
 - d. dispute and debate.
 - e. HTA (horrible, terrible, awful).
3. It's not unpleasant people who cause our distress but rather:
 - a. their behavior and what they say.
 - b. their actual motives and intentions.
 - c. our beliefs and self-talk about their behavior and intentions.
 - d. the impact that their behavior has on our lives.
4. In the ABC view of our emotions, our responses (including anxiety, anger, or depression) to the behavior of a difficult person can be considered as:
 - a. consequences of emotions and behavior.
 - b. activating events.
 - c. beliefs and self-talk.
 - d. dispute and debate.
5. Saying to yourself, "Others absolutely must give me what I want and must behave as I want, and if they don't, it's awful and I-can't-stand-it," is an example of:
 - a. low frustration tolerance.
 - b. irrational beliefs and self-talk.
 - c. demandingness.
 - d. all of the above are correct.
6. The statement, "I dislike this person's behavior but I can stand it," is:
 - a. coping self-talk.
 - b. rational belief and self-talk.
 - c. both of the above are correct.
 - d. none of the above are correct.
7. Guessing (silently, not out loud) at the irrational beliefs of your difficult person:
 - a. is a waste of time.
 - b. is even more upsetting.
 - c. helps you to better understand your difficult person.
 - d. is absurd.
8. In coping with difficult people, all of the following are helpful except:
 - a. changing one's anger to annoyance.
 - b. expressing intense anger.
 - c. expressing your annoyance but not your anger.
 - d. being assertive in stating what you want, rather than being passive or aggressive.
9. Which irrational belief causes procrastination?
 - a. "This task will cause me too much frustration."
 - b. "My emotional discomfort in doing this task will be too much to bear."
 - c. "I shouldn't have to deal with this problem."
 - d. all of the above cause procrastination.
10. An excuse which may keep me from studying SOS and practicing its principles is:
 - a. believing there isn't much I can do about my anxiety, anger, or depression.
 - b. "I don't have enough time to answer the questions and do the exercises."
 - c. "My past history determines my present feelings and behavior."
 - d. all of the above are excuses for not studying and practicing SOS principles.
11. It's unhealthy to believe:
 - a. "There will be periods of time when I will have reduced ability to manage my emotions."
 - b. "I need to accept what I can't change."
 - c. "I will try to deal with the world as it is and not as it absolutely must be."
 - d. None of the above are unhealthy beliefs.
12. People will be better adjusted if they:
 - a. accept themselves.
 - b. attempt to improve their self-esteem by performing better at tasks.
 - c. express their anger and resentment rather than holding it in.
 - d. work at improving their social skills.
13. Instead of the irrational belief, "I must always succeed,"
 - a. more sensible rational belief would be:
 - a. "I should succeed."
 - b. "Success is not important."
 - c. "I won't think about success so much."
 - d. "I prefer and want to succeed."



(See the next page for continuing
DISC THREE QUIZ & EXERCISES - 2nd SET)

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(Continued)

14. In the following sentence, which word(s) need to be disputed? "I must be loved and approved by most all people significant to me."
- I
 - must be
 - loved and approved
 - by most all people significant to me
15. The core process that is central to emotional disturbance is:
- anger and low self-acceptance (LSA).
 - low frustration tolerance (LFT).
 - I-can't-stand-it-itis.
 - demandingness and three major musts.

Exercise B:

Answer the following five questions regarding "Pam's English Exam."

Pam's English Exam

Pam studies hard and receives a "D" on an English exam. After receiving the "D" Pam tells herself, "I must not have received a 'D' on that exam and because I did, I am a worthless person and will never do well in this English course. And I will probably never get my college degree." Pam leaves class feeling depressed, watches TV the rest of that day, and cuts all of her classes the following day.

- Pam thinks, "I must not have received..." and "I am a worthless person..." This is:
 - an activating event.
 - beliefs and self-talk.
 - consequences, emotional or behavioral.
 - dispute.
- Pam receives a "D" on the exam. This is:
 - an activating event.
 - beliefs and self-talk.
 - consequences, emotional or behavioral.
 - dispute.
- Pam thinks, "And I will probably never get my college degree." This is:
 - an activating event.
 - beliefs and self-talk.
 - consequences, emotional or behavioral.
 - dispute.
- Pam leaves class feeling depressed. This is:
 - an activating event.
 - beliefs and self-talk.
 - consequences, emotional or behavioral.
 - dispute.
- Pam watches TV the rest of that day, and cuts all of her classes the following day. This is:
 - an activating event.
 - beliefs and self-talk.
 - consequences, emotional or behavioral.
 - dispute.

Answers to Part Four Questions:

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

(End of DISC Three QUIZ & EXERCISES - 2nd SET)