2B TAKE THIS LESSON QUIZ



Questions in these quizzes define what EII finds to be the most important knowledge to study, drill, practice, and memorize. This particular kind of study format and testing activity is designed to help quicken your ability to learn and retain important knowledge. For a quick check, answers to actual quiz are listed on page 4. This knowledge will not only enable you to become more emotionally intelligent. It will assist you in explaining this information to others and thus, enable you to become an EI ambassador.

2B

2B Lesson — AVOIDING HARMFUL REACTIONS TO EMOTIONS

While studying for this quiz, practice ways you would explain the following to others in future conversation:

- Give a few reasons why it is important to journal what frustrated you each day.
- Define what an "Anger Extinguisher" is and how to construct and use one.
- Memorize the beginning, body, and closing steps to a healthy critique.
- Memorize the "Remember" statements you wrote at the top and bottom of both sides of your Anger Extinguisher sheet, as well as Aristotle's quote.
- Spend idle time memorizing the five golden words worth considering when anger starts getting heated in conversation: "LET'S TALK ABOUT THIS LATER."

2B Lesson — QUIZ (Study Format)

1. Learning how to deal with potent emotions __ __ __ __ __ __ is one of the most difficult yet important EQ composure skills to learn well.

safely

2. It is tricky to know when to quietly withstand the emotional pain of anger, rather than __ __ __ __ __ __ __ __ __ __ __ express our immediate feelings.

assertively

3. By journaling the question, *"What frustrated, angered, or bothered me today?"* each day, we learn to reflect on stressful experiences days later in an __ __ __ __ __ __ __ __ __ __ manner—after the heat of the moment has passed.

insightful

4. The mind's stress gauge has a tendency to malfunction and initially __ __ __ __ __ __ __ __ __.

overreact

5. This lesson teaches a powerful, yet relatively simple way to prepare you to deal more appropriately with future stress from anger. The technique we suggest is called an "Anger __ __ __ __ __ __ __ __ __ __ __ __".

2B

Extinguisher

6. In most instances, if we wait rather than comment or react too freely in the heat of the moment, we have time to __ __ __ __ __ __ __ what we will say and do.

rethink

7. A major difference from IQ is that EQ can involve accepting healthy and sometimes difficult behavioral __ __ __ __ __ __ __ __ __.

composure

8. To be effective, it is important to review the Anger Extinguisher lists suggested in this lesson once each morning and once each evening with __ __ __ __ __ __ __ and __ __ __ __ __ __ __ in mind.

concern / purpose

9. Without such a review as this lesson suggests, it can be much more difficult to challenge harmful ways we can __ __ __ __ __ __ __ __ __ become too prone to react to potent emotions.

naturally

10. The opening and ending comments of a critique or disagreement, in most cases, should be __ __ __ __ __ __ __ __ __ __ __ __ __.

complimentary

2B Lesson — AVOIDING HARMFUL REACTIONS TO EMOTIONS ACTUAL QUIZ



1. Learning how to deal with potent emotions __ __ __ __ __ __ is one of the most difficult yet important EQ composure skills to learn well.

2. It is tricky to know when it is more helpful to quietly withstand the emotional pain of anger, rather than __ __ __ __ __ __ __ __ __ __ __ express our immediate feelings.

3. By journaling the question, "What frustrated, angered, or bothered me today?" each day, we learn to reflect on stressful experiences days later in an __ __ __ __ __ __ __ __ __ __ manner—after the heat of the moment has passed.

4. The mind's stress gauge has a tendency to malfunction and initially __ __ __ __ __ __ __ __ __.

5. This lesson teaches a powerful, yet relatively simple way to prepare you for future stress from anger. The technique we suggest is called an "Anger __ __ __ __ __ __ __ __ __ __ __ __."

6. In most instances, if we wait, rather than comment or react too freely in the heat of the moment, we have time to __ __ __ __ __ __ __ what we will say and do.

7. A major difference from IQ is that EQ can involve accepting healthy and sometimes difficult behavioral __ __ __ __ __ __ __ __ __.

8. To be effective, it is important to review the Anger Extinguisher lists suggested in this lesson once each morning and once each evening with __ __ __ __ __ __ __ and __ __ __ __ __ __ __ in mind.

9. Without such a review as this lesson suggests, it can be much more difficult to challenge harmful ways we can __ __ __ __ __ __ __ __ __ become too prone to react to potent emotions.

10. The opening and ending comments of a critique or disagreement, in most cases, should be __ __ __ __ __ __ __ __ __ __ __ __ __.

2B Lesson — ACTUAL QUIZ ANSWERS

1. safely
2. assertively
3. insightful
4. overreact
5. Extinguisher
6. rethink
7. composure
8. concern / purpose
9. naturally
10. complimentary

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