# 3B TAKE THIS LESSON QUIZ

To absorb more in-depth understanding of this lesson, take time to drill and practice filling in the blanks of the study quiz. Take the final quiz only after adequate study. For a quick check, answers to actual quiz are listed on page 6.

## 3B Lesson — There's an Intricate Engineering Approach

Name the disciplines that engineers must apply to do their jobs well that are similar to what we must apply to be sure our complex minds are operating from an emotional intelligent standpoint and exhibiting stability. Also practice ways you would explain the following to others in future conversations:

- Explain what it is about the early childhood story, "The Three Little Pigs", that relates to an engineering-minded approach to our thinking.
- Define ways the human mind can deceive us, when we don't understand enough about it and aren't monitoring the appropriateness of our thinking.
- Explain how emotional intelligence is similar to engineering.
- Explain how the human mind can seem inappropriately hard-wired.

After studying the vocabulary words, take time to write what you remember of the definitions:

1. **discipline-** _____

2. **efficiency-** _____

3. **efficiency engineer-** _____

4. **inefficiency-** _____

5. **optimism-** _____

6. **perception-** _____

7. **requirement-** _____

# 3B Lesson — QUIZ (Study Format)

**1.** A common trait among engineers and inventors that helps them solve problems and pursue innovation is disappointment with __ __ __ __ __ __ __ __ __ __ __ __.

inefficiency

**2.** A few examples of physiological factors that can distort our thought processing are __ __ __ __ __ __, __ __ __ __ __ __ __ __ __ __, and __ __ __ __ __ __ __.




hunger, drowsiness, itching

**3.** By understanding our minds better, we learn to take the intricate, necessary engineering __ __ __ __ __ __ __ __ __ __ __ and reduce the damaging adverse __ __ __ __ __ __ __ __ __ to potent emotions.

precautions / reactions

**4.** An engineering approach often requires tough yet important __ __ __ __ __ __ __ __ __ to ward-off problems.

struggles

**5.** When faced with problems in our lives, it can be tempting to opt for the path of __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __.

least resistance

**6.** Many endangerments in life come from remaining __ __ __ __ __ __ __ __ __ to possible problems and accepting too much inefficiency.

oblivious

**7.** Our thoughts can have a __ __ __ __ __ __ __ __ __ nature, especially when emotions are involved.

deceptive

**8.** To think in healthy ways often requires __ __ -__ __ __ __ __ understanding and careful __ __ __ __-__ __ __ __ __ __ __ __ __.

in-depth / self-monitoring



**9.** Emotional intelligence requires us to know what is worthy to measure and to measure it __ __ __ __ __ __ __ __ __, as well as follow security related __ __ __ __ __ and guidelines.

carefully / rules

**10.** Emotionally intelligent __ __ __ __ __ __ __ __ is one of the most complex aspects of our thought processes to correctly monitor and interpret.




judgment

**11.** We must rely on the emotionally __ __ __ __ __- __ __ __ __ __ __ __ __ and thus unstable aspect of our thinking for the most important __ __ __ __ __ __ __ __ relative to our health and well-being.

under-educated / guidance

**12.** Our thinking is susceptible to subtle yet powerful and endangering emotional __ __ __ __ __ __ that can inappropriately __ __ __ __ __ __ __ our reasoning.

forces / distort

**13.** As we learn the value of reacting in more emotionally intelligent ways, we also begin to learn to accept the engineering __ __ __ __ __ __ __ __ __ __ __ necessary to improve our EQ.

disciplines

**14.** The more familiar we become with emotional __ __ __ __ __ __ __ __ __ __ __ __ as well as the emotional __ __ __ __ __ __ __ that stifle us, the better chance we have for improvement.

competencies/ factors

**15.** Often, __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ can help calm the mind enough to accept the wiser choice.

deep breathing

# 3B Lesson — THERE'S AN ITRICATE ENGINEERING APPROACH ACTUAL QUIZ

**1.** A common trait among engineers and inventors that helps them solve problems and pursue innovation is disappointment with __ __ __ __ __ __ __ __ __ __ __ __.

**2.** An few examples of physiological factors that can distort our thought processing are __ __ __ __ __ __, __ __ __ __ __ __ __ __ __ __, and __ __ __ __ __ __ __.

**3.** By understanding our minds better, we learn to take the intricate, necessary engineering __ __ __ __ __ __ __ __ __ __ __ and reduce the damaging adverse __ __ __ __ __ __ __ __ __ to potent emotions.

**4.** An engineering approach often requires tough, yet important __ __ __ __ __ __ __ __ __ to ward-off problems.

**5.** When faced with problems in our lives, it can be tempting to opt for the path of __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __.

**6.** Many endangerments in life come from remaining __ __ __ __ __ __ __ __ __ to possible problems and accepting too much inefficiency.

**7.** Our thoughts can have a __ __ __ __ __ __ __ __ __ nature, especially when emotions are involved.

**8.** To think in healthy ways often requires __ __ -__ __ __ __ __ understanding and careful __ __ __ __-__ __ __ __ __ __ __ __ __.

**9.** Emotional intelligence requires us to know what is worthy to measure and measure it __ __ __ __ __ __ __ __ __, as well as follow security related __ __ __ __ __ and guidelines.

**10.** Emotionally intelligent __ __ __ __ __ __ __ __ is one of the most complex aspects of our thought processes to correctly monitor and interpret.

**11.** We must rely on the emotionally __ __ __ __ __- __ __ __ __ __ __ __ __ and thus unstable aspect of our thinking for the most important __ __ __ __ __ __ __ __ relative to our health and well-being.

**12.** Our thinking is susceptible to subtle yet powerful and endangering emotional __ __ __ __ __ __ that can inappropriately __ __ __ __ __ __ __ our reasoning.

**13.** As we learn the value of reacting in more emotionally intelligent ways, we also begin to learn to accept the engineering __ __ __ __ __ __ __ __ __ __ __ necessary to improve our EQ.

**14.** The more familiar we become with emotional __ __ __ __ __ __ __ __ __ __ __ __ as well as the emotional __ __ __ __ __ __ __ that stifle us, the better chance we have for improvement.

**15.** Often, __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ can help calm the mind enough to accept the wiser choice.



# 3B Lesson — ACTUAL QUIZ ANSWERS

1. inefficiency
2. hunger, drowsiness, itching
3. precautions / reactions
4. struggles
5. least resistance
6. oblivious
7. deceptive
8. in-depth / self-monitoring
9. carefully / rules
10. judgment
11. under-educated / guidance
12. forces / distort
13. disciplines
14. competencies/ factors
15. deep breathing




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