4A TAKE THIS LESSON QUIZ

Drill and practice filling in the blanks of the study quiz before taking the quiz for more in-depth understanding of this lesson. Take time to practice ways you would explain the following to others in future casual conversation:

4A Lesson — Understanding and Accepting Healthy Stress

- Explain a few particular areas of your life where you need to be more accepting of healthy stress.
- Memorize and recite four severe consequences of not enduring healthy stress.
- Name three meaningful happiness challenges mentioned in this lesson.
- Explain how our emotions may too easily overpower our better judgment— and cripple us very similar to how kryptonite hijacks the power of the fictitious Superman®.
- Name five counselor worthy symptoms.

After studying the vocabulary words from this lesson's Activities, take time to write what you can remember of the definitions emotional significance:

1. **allegiance-**_____
2. **appraisal-**_____
3. **sacrifice-**_____
4. **moderate-**_____
5. **endeavor-**_____
6. **yield-**_____
7. **regard-**_____

QUIZ INSTRUCTIONS: Quiz questions are presented in two different formats. Review the study format quiz as much as necessary to absorb the answers to each question well. Once you feel confident that you know the answers, take the actual quiz. For a quick check, answers to actual quiz are listed on page 6

4A Lesson — QUIZ (Study Format)



1. Accepting *healthy stress* involves mustering the _ _ _ _ _ for dealing with that which is _ _ _ _ _ _ _ _ _, yet with effort, within our grasp to understand and accomplish.

power/difficult

2. Psychologists have identified _ _ _ _ _ _ _ _ _ _ _ and _ _ _ _-_ _ _ _ _ _ _ as two main traits that produce an immensely broad range of benefits.

intelligence/self-control

3. Withstanding healthy stress is an integral part of our _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ and may be one of the most powerful _ _ _ _ _ we can take toward improving mind operation.

emotional growth/steps

4. Increasing efforts for _ _ _ _ - _ _ _ _ _ _ _ ,while stressed, allows us to resist unhealthy choices and to embrace the _ _ _ _ _ _ _ _ of healthier options.

self-control/benefits

5. Ignoring self-control can be a _ _ _ _ _ _ _ _ of _ _ _ _ _ _ _ _ with our own well-being.

conflict/interest

6. Sometimes all that we need is an emotional _ _ _ _ _-_ _ _ kit for dealing with stress.

first-aid

7. One critical item for our first-aid kit is a list of powerful _ _ _ _ _ _ _ for calming our temperament and relieving _ _ _ _ _ _ _ _ _ feelings.

mantras/stressful

8. Improving more meaningful *happiness* factors requires our developing an in-depth comprehension of __ __ __ __ __ __ __ __ __ and tolerance of __ __ __ __ __ __.

ourselves/others

9. Our limited understanding or resistance to healthy command of the mind often causes __ __ __ __ __ __ __ __ to the very things that would reap us the greatest __ __ __ __ __ __ __.

aversion/rewards

10. Our effort toward practicing healthy command represents a conscious endeavor for applying our most __ __ __ __ __ __ __ __ reasoning.

sensible

11. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ of the mind is vital for consciously examining and evaluating our stress.

Healthy command

12. Demanding __ __ __ __-__ __ __ __ __ __ __ __ that increases self-awareness is taxing and requires a cautious approach.

self-scrutiny

13. Should you begin to feel __ __ __ __ __ __ __ __ __ __ __ by your self-observations, watch that you do not become discouraged.

overwhelmed

14. We advance our emotional intelligence and mental capacities by learning particular __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ designed to help us improve mind function.

techniques/exercises

15. The human nervous system is wired similarly to that of many other creatures, allowing us also to __ __ __ __ __ __ __ __ __ __ determine the need for fight or flight.

wrongfully

16. When potent emotional forces are at the __ __ __ __ __ __ __ __ __ of the mind or if healthy stress is avoided __ __ __ __ __ __ __ __ __ __, our oversight becomes synonymous with ignoring the fine print of an important legal __ __ __ __ __ __ __ __.

forefront/habitually/contract



17. What is rational and thus, what we call common __ __ __ __ __, is still susceptible to being __ __ __ __ __ __ __ __ __ __ __ by our emotions.

sense/overpowered

18. Actions that we might consider as examples of a __ __ __ __ of common sense and stupidity are often the results of limited understanding or weak efforts toward __ __ __ __-__ __ __ __ __ __ __ __.

lack/self-control

19. Our efforts to sacrifice wisely for what is truly worthy ranks among the most __ __ __ __ __ and __ __ __ __ __ __ accomplishments we can strive for.

noble/mature

20. By not empowering self-control, we become more __ __ __ __ __ __ __ __ __ __ __ to falling prey to the path of __ __ __ __ __ resistance and other more self-defeating __ __ __ __ __ __ __ __ __ __ __ __.

susceptible/least/inclinations

21. Tolerance of healthy stress can be a practical matter of our:

a. understanding the __ __ __ __ __ __ __ __ of healthy stress
b. finding __ __ __ __ __ __ __ __ __ __ to endure such stress
c. teaching ourselves to calm our __ __ __ __ __ __ __ __ __ __ __
d. strengthening our emotional __ __ __ __ __ __ __

a. dynamics
b. incentives
c. temperament
d. stamina

4A Lesson — UNDERSTANDING AND ACCEPTING HEALTHY STRESS ACTUAL QUIZ



1. Accepting *healthy stress* involves mustering the __ __ __ __ __ for dealing with that which is __ __ __ __ __ __ __ __ __, yet with effort, within our grasp to understand and accomplish.

2. Psychologists have identified __ __ __ __ __ __ __ __ __ __ __ __ and __ __ __ __- __ __ __ __ __ __ __ as two main traits that produce an immensely broad range of benefits.

3. Withstanding healthy stress is an integral part of our __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ and may be one of the most powerful __ __ __ __ __ we can take toward improving mind operation.

4. Increasing efforts for __ __ __ __ - __ __ __ __ __ __ __ while stressed allows us to resist unhealthy choices and to embrace the __ __ __ __ __ __ __ __ of healthier options.

5. Ignoring self-control can be a __ __ __ __ __ __ __ __ of __ __ __ __ __ __ __ __ with our own well-being.

6. Sometimes all that we need is an emotional __ __ __ __ __-__ __ __ kit for dealing with stress.

7. One critical item for our first-aid kit is a list of powerful __ __ __ __ __ __ __ for calming our temperament and relieving __ __ __ __ __ __ __ __ __ feelings.

8. Improving more meaningful *happiness* factors requires our developing an in-depth comprehension of __ __ __ __ __ __ __ __ __ and tolerance of __ __ __ __ __ __.

9. Our limited understanding or resistance to healthy command of the mind often causes __ __ __ __ __ __ __ __ to the very things that would reap us the greatest __ __ __ __ __ __ __.

10. Our effort toward practicing healthy command represents a conscious endeavor for applying our most __ __ __ __ __ __ __ __ reasoning.

11. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ of the mind is vital for consciously examining and evaluating our stress.

12. Demanding __ __ __ __-__ __ __ __ __ __ __ __ is taxing and requires a cautious ap proach.

13. Should you begin to feel __ __ __ __ __ __ __ __ __ __ __ by your self-observations, watch that you do not become discouraged.

14. We advance our emotional intelligence and mental capacities by learning particular __ __ __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ designed to help us improve mind function.



15. The human nervous system is wired similarly to that of many other creatures, allowing us also to __ __ __ __ __ __ __ __ __ __ determine the need for fight or flight.

16. When potent emotional forces are at the __ __ __ __ __ __ __ __ __ of the mind or if healthy stress is avoided __ __ __ __ __ __ __ __ __ __, our oversight becomes synonymous with ignoring the fine print of an important legal __ __ __ __ __ __ __ __.

17. What is rational and thus, what we call common __ __ __ __ __, is still susceptible to being __ __ __ __ __ __ __ __ __ __ __ by our emotions.

18. Actions that we might consider as examples of a __ __ __ __ of common sense and stupidity are often the results of limited understanding or weak efforts toward __ __ __ __-__ __ __ __ __ __ __.

19. Our efforts to sacrifice wisely for what is truly worthy ranks among the most __ __ __ __ __ and __ __ __ __ __ __ accomplishments we can strive for.

20. By not empowering self-control, we become more __ __ __ __ __ __ __ __ __ __ __ to falling prey to the path of __ __ __ __ __ resistance and other more self-defeating __ __ __ __ __ __ __ __ __ __ __.

21. Tolerance of healthy stress can be a practical matter of our:

a. understanding the __ __ __ __ __ __ __ __ of healthy stress.

b. finding __ __ __ __ __ __ __ __ __ __ to endure such stress.

c. teaching ourselves to calm our __ __ __ __ __ __ __ __ __ __ __.

d. strengthening our emotional __ __ __ __ __ __ __.

4A Lesson — ACTUAL QUIZ ANSWERS

1. power/difficult
2. intelligence/self-control
3. emotional growth/steps
4. self-control/benefits
5. conflict/interest
6. first-aid
7. mantras/stressful
8. ourselves/others
9. aversion/rewards
10. sensible
11. Healthy command
12. self-scrutiny
13. overwhelmed
14. techniques/exercises
15. wrongfully
16. forefront/habitually/contract
17. sense/overpowered
18. lack/self-control
19. noble/mature
20. susceptible/least/inclinations
21. a. dynamics
    b. incentives
    c. temperament
    d. stamina

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