4B 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:

4B Lesson — Obstacles to Healthy Mind Development

- Memorize and recite the five obstacles mentioned in this lesson.
- Briefly clarify how these five obstacles affect mind development.
- Become familiar with the in-depth explanations of these obstacles.
- Explain how understanding these obstacles can help YOU more wisely apply your mind.

1. **decisive-**_____
2. **deliberate-**_____
3. **disappointment-**_____
4. **fortify-**_____
5. **over-reactive-**_____
6. **thoughtlessness-**_____
7. **tolerance-**_____

4B Lesson — QUIZ (Study Format)

1. Studying this lesson should help you more easily identify obstacles in action, and enable you to more __ __ __ __ __ __ __ __ __ __ __ __ __ deal with the resulting stress.

intelligently

2. Mentors who know very little about what to teach __ __ __ __ __ __ __ __ __ __ __ or how to set a good example __ __ __ __ __ __ __ __ __ __ __ __, leave our youth with deficiencies that cause serious problems in adulthood.

emotionally/behaviorally

3. From an extremely __ __ __ __ __ __ __ __ standpoint, having a very serious deficiency in emotional intelligence defines a psychological __ __ __ __ __ __ __ __ __ called __ __ __ __ __ __ __ __ __ __ __ __.

unstable/condition/*Alexithymia*

4. Without quality __ __ __ __ __ __ __ __ __ and healthy regard, we too easily exceed important emotional __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ __ __.

direction/limits/boundaries

5. With the advent of __ __ __ __ __ __ education during the 20th Century, people were challenged to apply their __ __ __ __ __ in a more rigorous and sophisticated manner than ever before.

formal/minds

6. We are our own __ __ __ __ __ __ __ __ __ __ __ of what scientists consider to be the most intricate entity in the __ __ __ __ __ __ __ __ __ __ __ __ __, the human mind.

architects/whole universe

7. Unfortunately, the most valuable knowledge to __ __ __ __ __ __ __ __ __ __ __ in any arena of life is rarely easy to discover, and often not so easily translated into __ __ __ __ __ __ __ __.

understand/training

8. Learning to __ __ __ __ __ __ __ __ some of the mind's complexities might compare to the assistance and stages we must endure for mastering __ __ __ __ __ __ __ __ __ __ __.

untangle/mathematics

9. Many of the real growth __ __ __ __ __ __ __ __ __ that cause us to engage only a small percentage of our mind's true capability, are undoubtedly linked to the most complex and __ __ __ __ __ __, rather than __ __ __ __ __ __ __ __ forward to comprehend, and easy to enact in human behavior.

4B

inhibitors/tricky/straight

10. Similar to the arduous __ __ __ __ __ __ involved for developing healthier *bodies*, building healthier __ __ __ __ __ does not just happen.

effort/minds

11. Better understanding the mind requires our recognizing what is __ __ __ __ __ __ __ among confusing and often __ __ __ __ __ __ alternatives.

fitting/subtle

12. Only after much time and an abundance of __ __ __ __ __ __ __ __ do we consider some widespread __ __ __ __ __ __ __ __ __ out of date.

evidence/practices

13. One of the most important technicalities to grasp about how our minds function is understanding how __ __ __ __ __ __ __ __ affect us, especially __ __ __ __ __ __ __ __ __ __ __ __ __ __ __.

emotions/inappropriately

14. Enhancing psychological development is a __ __ __ __ __ __ __ __ __ __ __ __ __ co-ordination that requires __ __ __ __ __ __ __ __, even for those with marvelous minds.

sophisticated/practice

15. The intricacies of deliberate practice involve __ __ __ __ __ __ __ __ __ __ our performance and continually __ __ __ __ __ __ __ __ __ __ our level of attention regarding inappropriate habits and ways to improve.

monitoring/evaluating

16. Our __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ are a debilitating obstacle to advancing mind development.

susceptibilities

17. The biggest problem improving the mind, psychologically, is that we have to avoid many __ __ __ __ __ __ __ __ __ __ comforts, making susceptibilities, by far, the most difficult obstacle to __ __ __ __ __ __ __ __ for advancing healthier mind development.

4B

persuasive/overcome

18. A number of healthy mind __ __ __ __ __ __ __ __ __ that are easily understood are __ __ __ __ __ __ __ __ __ __ __ to convince the mind to willingly accept or practice.

functions/problematic

19. A touch of __ __ __ __ __ __ to our emotional intelligence emerges each time we recognize and accept the __ __ __ __ __ __ __ __ __ __ needed to avoid natures' persuasive impulses.

genius/discipline

20. Patience is one of the most __ __ __ __ __ __ __ __ __ __ __ competencies for reducing susceptibilities and has been well understood as a __ __ __ __ __ __ for thousands of years.

significant/virtue

21. Commanding our emotions can sometimes be tricky and challenging, in light of __ __ __ __ __ __'__ influence on the mind, which is often cunning and deceptively __ __ __ __ __ __ __ __ __ __ __ __.

nature's/manipulating

22. Guarding against external *vulnerabilities* can prevent needless __ __ __ __ __ and emotional __ __ __ __ __ __ __ __ __, as well as our own demise.

grief/suffering

23. Many hazards and unhealthy conditions may easily be __ __ __ __ __ __ __ __ __ by just knowing when to be __ __ __ __ __ __ __; other endangerments require more focused and vigilant __ __ __ __ __ __ __ __ __.

prevented/careful/attention

24. Even though caution is such a __ __ __ __ __ __ __ __ __ aspect of the thinking process, we can easily __ __ __ __ __ it.

selective/avoid

25. We cannot avoid initial __ __ __ __ __ __ __ feelings, certain frustrations, or other pitfalls in life, but we can reduce __ __ __ __ __ __ __ __ __ __ __ __ __ reactions to them.

natural/inappropriate



26. We can better shape the future of humanity by having a better understanding of what is __ __ __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __ __ for our minds to do.

possible/impossible



4B Lesson — OBSTACLES TO HEALTHY MIND DEVELOPMENT ACTUAL QUIZ

1. Studying this lesson should help you more easily identify obstacles in action, and enable you to more __ __ __ __ __ __ __ __ __ __ __ __ __ deal with the resulting stress.

2. Mentors who know very little about what to teach __ __ __ __ __ __ __ __ __ __ __ or how to set a good example __ __ __ __ __ __ __ __ __ __ __, leave our youth with deficiencies that cause serious problems in adulthood.

3. From an extremely __ __ __ __ __ __ __ __ standpoint, having a very serious deficiency in emotional intelligence defines a psychological __ __ __ __ __ __ __ __ called __ __ __ __ __ __ __ __ __ __.

4. Without quality __ __ __ __ __ __ __ __ __ and healthy regard, we too easily exceed important emotional __ __ __ __ __ __ and __ __ __ __ __ __ __ __ __.

5. With the advent of __ __ __ __ __ __ education during the 20th Century, people were challenged to apply their __ __ __ __ __ in a more rigorous and sophisticated manner than ever before.

6. We are our own __ __ __ __ __ __ __ __ __ __ of what scientists consider to be the most intricate entity in the __ __ __ __ __ __ __ __ __ __ __ __, the human mind.

7. Unfortunately, the most valuable knowledge to __ __ __ __ __ __ __ __ __ __ in any arena of life is rarely easy to discover, and often not so easily translated into __ __ __ __ __ __ __ __.

8. Learning to __ __ __ __ __ __ __ __ some of the mind's complexities might compare to the assistance and stages we must endure for mastering __ __ __ __ __ __ __ __ __ __.

9. Many of the real growth __ __ __ __ __ __ __ __ __ __ that cause us to engage only a small percentage of our mind's true capability, are undoubtedly linked to the most complex and __ __ __ __ __ __, rather than __ __ __ __ __ __ __ __ forward to comprehend, and easy to enact in human behavior.

10. Similar to the arduous __ __ __ __ __ __ involved for developing healthier *bodies*, building healthier __ __ __ __ __ does not just happen.

11. Better understanding the mind requires our recognizing what is __ __ __ __ __ __ __ among confusing and often __ __ __ __ __ __ alternatives.

12. Only after much time and an abundance of __ __ __ __ __ __ __ __ do we consider some widespread __ __ __ __ __ __ __ __ __ out of date.

13. One of the most important technicalities to grasp about how our minds function is understanding how __ __ __ __ __ __ __ __ affect us, especially __ __ __ __ __ __ __ __ __ __ __ __ __ __ __.



14. Enhancing psychological development is a __ __ __ __ __ __ __ __ __ __ __ __ __ co-ordination that requires __ __ __ __ __ __ __ __, even for those with marvelous minds.

15. The intricacies of deliberate practice involve __ __ __ __ __ __ __ __ __ __ our performance and continually __ __ __ __ __ __ __ __ __ __ our level of attention regarding inappropriate habits and ways to improve.

16. Our __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ are a debilitating obstacle to advancing mind development.

17. The biggest problem improving the mind, psychologically, is that we have to avoid many __ __ __ __ __ __ __ __ __ __ comforts, making susceptibilities, by far, the most difficult obstacle to __ __ __ __ __ __ __ __ for advancing healthier mind development.

18. A number of healthy mind __ __ __ __ __ __ __ __ __ that are easily understood are __ __ __ __ __ __ __ __ __ __ __ to convince the mind to willingly accept or practice.

19. A touch of __ __ __ __ __ __ to our emotional intelligence emerges each time we recognize and accept the __ __ __ __ __ __ __ __ __ __ needed to avoid natures' persuasive impulses.

20. Patience is one of the most __ __ __ __ __ __ __ __ __ __ __ competencies for reducing susceptibilities and has been well understood as a __ __ __ __ __ __ for thousands of years.

21. Commanding our emotions can sometimes be tricky and challenging, in light of __ __ __ __ __ __'__ influence on the mind, which is often cunning and deceptivly __ __ __ __ __ __ __ __ __ __ __ __.

22. Guarding against external *vulnerabilities* can prevent needless __ __ __ __ __ and emotional __ __ __ __ __ __ __ __ __, as well as our own demise.

23. Many hazards and unhealthy conditions may easily be _ _ _ _ _ _ _ _ _ by just knowing when to be _ _ _ _ _ _ _; other endangerments require more focused and vigilant _ _ _ _ _ _ _ _ _.

24. Even though caution is such a _ _ _ _ _ _ _ _ _ aspect of the thinking process, we can easily _ _ _ _ _ it.

25. We cannot avoid initial _ _ _ _ _ _ _ feelings, certain frustrations, or other pitfalls in life, but we can reduce _ _ _ _ _ _ _ _ _ _ _ _ reactions to them.

26. We can better shape the future of humanity by having a better understanding of what is _ _ _ _ _ _ _ _ and _ _ _ _ _ _ _ _ _ _ for our minds to do.

4B Lesson — ACTUAL QUIZ ANSWERS

1. intelligently
2. emotionally/behaviorally
3. unstable/condition/Alexithymia
4. direction/limits/boundaries
5. formal/minds
6. architects/whole universe
7. understand/training
8. untangle/mathematics
9. inhibitors/tricky/straight
10. effort/minds
11. fitting/subtle
12. evidence/practices
13. emotions/inappropriately
14. sophisticated/practice
15. monitoring/evaluating
16. susceptibilities
17. persuasive/overcome
18. functions/problematic
19. genius/discipline
20. significant/virtue
21. nature's/manipulating
22. grief/suffering
23. prevented/careful/attention
24. selective/avoid
25. natural/inappropriate
26. possible/impossible



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