# 4C TAKE THIS LESSON QUIZ

Drill and practice filling in the blanks of the study quiz before taking the actual 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:

## 4C Lesson — Investigating and Controlling Our Self-Talk

- Recite five thinking patterns to avoid mentioned in this lesson.
- Briefly clarify how these five thinking patterns affect mind development.
- Explain how understanding ways to redirect thinking can help YOU more wisely apply your mind.
- Recite five mantras you learned to use from this lesson.

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

1. **adjustability-**_____
2. **anticipation-**_____
3. **babble-**_____
4. **effort-**_____
5. **intentional-**_____
6. **interpretation-**_____
7. **meander-**_____

# 4C Lesson — QUIZ (Study Format)

**1.** Psychologists refer to our inner voice as the __ __ __ __ __ __ __ of behavioral development, since everything we surmise depends on what we __ __ __ __ ourselves.

highway/tell

**2.** Investigating our thinking is at the heart of __ __ __ __-__ __ __ __ __ __ __ __ __, and exposes the very underpinnings of our __ __ __ __ __ __ __ __.




self-awareness/behavior

**3.** Thinking skills and self-talk determine our __ __ __ __ __ __ __ and direction, as well as our attitudes and __ __ __ __ __.

choices/moods

**4.** While investigating our thinking more closely, we must remember that the __ __ __ __ is extremely susceptible to __ __ __ __ __ __ __ __ __ thinking habits.

mind/erroneous

**5.** Childhood provides a fertile ground for acquiring __ __ __ __ __ __ __ or __ __ __ __ __ __ __ __ __ thinking habits.

healthy/unhealthy

**6.** Examining how we apply our minds is a critical practice for expanding self-awareness, as it can reveal __ __ __ __ __ __ __ __ __ __ __ __ __ or __ __ __ __ __ __ __ __ __ things we say to ourselves, as well as stimulate healthier options.

inappropriate/distorted

**7.** With so much of success and __ __ __ __ __ __ happiness depending on how well we __ __ __ __ __ __ our minds, emotionally, learning distinct __ __ __ __ __ __ __ for investigating and directing our thinking is imperative.

mature/manage/lessons

**8.** Paying __ __ __ __ __ attention to our thoughts and self-talk is important as they __ __ __ __ __ __ virtually everything we say and do.

close/direct

**9.** Jerry Hirschfield suggests that a three-part framework, My __ __ __, My__ __ __ __ __ __ Power, and __, provides a clearer perspective of what determines our thoughts, feelings, and actions.

ego/Higher/I

**10.** Erroneous thinking can become a source of __ __ __ __ __ __ __ __ __ __ __ emotional __ __ __ __ __ __ __ __ __.

unnecessary/suffering

**11.** __ __ __ __ __ __ __ __ __ thinking can occur when we encounter some of our most important emotional choices.

Erroneous

**12.** The mind allows us to either guide ourselves by our __ __ __ __ __ __ __ __ __ __ and emotional __ __ __ __ __ __ __ __ __ __ __ __, or be driven by more __ __ __ __ __ __ __ or primitive, self-serving inclinations.

conscience/sensibilities/natural

**13.** The mind is extremely __ __ __ __ __ __ __ __ to deception and other psychological __ __ __ __ __ __ __.

gullible/foibles

**14.** To improve our EQ, we cannot allow the mind to __ __ __ __ __ __ wherever it wants with such a broad range of factors that can easily __ __ __ __ __ __ __ __ __ us.

wander/misdirect

**15.** The revelation from __ __ __ __ __ __ __ __ __ __ __ __ __ our own thoughts and feelings can motivate us to __ __ __ __ __ __ worthwhile, yet more difficult challenges.

investigating/accept

**16.** If we neglect __ __ __ __ __ __ __ __ __ __ __ for too long, emotionally charged feelings can become so powerful that any concern for healthier reactions is totally __ __ __ __ __ __ __ __ __.

improvement/abandoned

**17.** The clarity of investigating our thinking depends on an __ __ __ __ __ __ __ __ understanding, as well as on our ability to __ __ __ __ __ __ __ __ ourselves with total honesty and humility.

educated/critique

**18.** Even though maximizing the mind's capability would be close to impossible, __ __ __ __ __ __ we can learn to __ __ __ __ __ __ __ __ the mind's capability with better understanding.




surely/increase

# 4C Lesson — INVESTIGATING AND CONTROLLING OUR SELF-TALK ACTUAL QUIZ




**1.** Psychologists refer to our inner voice as the __ __ __ __ __ __ __ of behavioral development, since everything we surmise depends on what we __ __ __ __ ourselves.

**2.** Investigating our thinking is at the heart of __ __ __ __-__ __ __ __ __ __ __ __ __, and exposes the very underpinnings of our __ __ __ __ __ __ __ __.

**3.** Thinking skills and self-talk habits determine our __ __ __ __ __ __ __ and direction, as well as our attitudes and __ __ __ __ __.

**4.** While investigating our thinking more closely, we must remember that the __ __ __ __ is extremely susceptible to __ __ __ __ __ __ __ __ __ thinking habits.

**5.** Childhood provides a fertile ground for acquiring __ __ __ __ __ __ __ or __ __ __ __ __ __ __ __ __ thinking habits.

**6.** Examining how we apply our minds is a critical practice for expanding self-awareness, as it can reveal __ __ __ __ __ __ __ __ __ __ __ __ __ or __ __ __ __ __ __ __ __ __ things we say to ourselves, as well as stimulate healthier options.

**7.** With so much of success and __ __ __ __ __ __ happiness depending on how well we __ __ __ __ __ __ our minds emotionally, learning distinct __ __ __ __ __ __ __ for investigating and directing our thinking is imperative.

**8.** Paying __ __ __ __ __ attention to our thoughts and self-talk is important as they __ __ __ __ __ __ virtually everything we say and do.

**9.** Jerry Hirschfield suggests that a three-part framework, My __ __ __, My __ __ __ __ __ __ Power, and __, provide a clearer perspective of what determines our thoughts, feelings, and actions.

**10.** Erroneous thinking can become a source of __ __ __ __ __ __ __ __ __ __ __ emotional __ __ __ __ __ __ __ __ __.

**11.** __ __ __ __ __ __ __ __ __ __ thinking can occur when we encounter some of our most important emotional choices.

**12.** The mind allows us to either guide ourselves by our __ __ __ __ __ __ __ __ __ __ and emotional __ __ __ __ __ __ __ __ __ __ __ __ __, or be driven by more __ __ __ __ __ __ __ or primitive, self-serving inclinations.

**13.** The mind is extremely __ __ __ __ __ __ __ __ to deception and other psychological __ __ __ __ __ __ __.

**14.** To improve our EQ, we cannot allow the mind to __ __ __ __ __ __ wherever it wants with such a broad range of factors that can easily __ __ __ __ __ __ __ __ __ us.

**15.** The revelation from __ __ __ __ __ __ __ __ __ __ __ __ __ our own thoughts and feelings can motivate us to __ __ __ __ __ __ worthwhile, yet more difficult challenges.

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**16.** If we neglect __ __ __ __ __ __ __ __ __ __ __ for too long, emotionally charged feelings canbecome so powerful that any concern for healthier reactions is totally __ __ __ __ __ __ __ __ __.

**17.** The clarity of investigating our thinking depends on an __ __ __ __ __ __ __ __ understanding, as well as on our ability to __ __ __ __ __ __ __ __ ourselves with total honesty.

**18.** Even though maximizing the mind's capability would be close to impossible, __ __ __ __ __ __ we can learn to __ __ __ __ __ __ __ __ the mind's capability with better understanding.

# 4C Lesson — ACTUAL QUIZ ANSWERS

1. highway/tell
2. self-awareness/behavior
3. choices/moods
4. mind/erroneous
5. healthy/unhealthy
6. inappropriate/distorted
7. mature/manage/lessons
8. close/direct
9. ego/Higher/I
10. unnecessary/suffering
11. Erroneous
12. conscience/sensibilities/natural
13. gullible/foibles
14. wander/misdirect
15. investigating/accept
16. improvement/abandoned
17. educated/critique
18. surely/increase

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