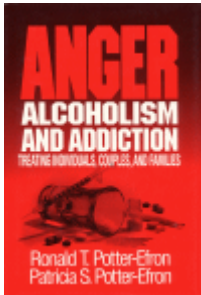


# ***Anger, Alcoholism, and Addiction***

## *Treating Individuals, Couples, and Families*

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**18 CEHs**



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## Examination Questions

### **Chapter 1:** Introduction: Definitions, Approaches, and Goals

1. According to the authors, the preferred method for treating anger in a chemically dependent person is:
  - a. ventilation
  - b. anger reduction
  - c. anger management
  - d. all of the above

### **Chapter 2:** Anger, Aggression, and Chemical Abuse

2. According to the authors, any mood-altering chemical is capable of promoting anger and/or aggression.
  - a. True
  - b. False
3. Anger and aggressive behavior can rarely be attributed solely to the effects of taking a mood-altering chemical.
  - a. True
  - b. False
4. According to the authors, the relationship between alcohol and anger or aggression is always positive.
  - a. True
  - b. False
5. According to the authors, responsibility for antisocial behavior in our society has often been blamed on the drug and not the person who ingests it.
  - a. True
  - b. False

**Chapter 3: Models of Normal Anger, Anger Avoidance, and Chronic Anger**

6. Which of the following is not one of the five components described in a normal anger sequence?
- Awareness
  - Evaluation
  - Action
  - Withdrawal
7. Desensitization describes the inability to recognize the physical and cognitive clues for what type of anger behavior?
- Anger avoidance
  - Chronic anger
  - Normal anger
  - none of the above
8. The inability to experience feedback during a rage response can be a characteristic of a chronically angry individual.
- True
  - False

**Chapter 4: Anger Avoidance Treatment Considerations**

9. According to the authors, a certain amount of anger avoidance is normal and useful.
- True
  - False
10. According to the authors, anger avoidance individuals need to accept their behavior without condemning themselves as selfish or bad.
- True
  - False
11. Family \_\_\_\_ patterns often lead to the creation and maintenance of spoiled bullies.
- avoidance
  - accommodation
  - appeasement
  - anticipation
12. Persons who use alcohol or other drugs to avoid anger are not at risk for chemical dependency.
- True
  - False

**Chapter 5: Assessment of Chronic Anger Problems**

13. According to the authors, which of the following is not one of the four general areas of chronic anger?
- negative thought patterns (thinking)
  - essential existence (being)
  - habitual angry behavior (acting)
  - emotional extremism (feeling)
14. Many angry people are \_\_\_\_ of the extent of their belligerent behavior?
- aware
  - unaware

15. When clients are unable to describe their angry behavior, it may be useful to ask them which of their behaviors others have expressed concern about.
- True
  - False
16. Which of the following is not one of the four general areas used to classify chronic anger issues?
- Thinking
  - Feeling
  - Confronting
  - Acting

### **Chapter 6:** The Functions of Chronic Anger

17. According to the authors, anger is a good signal that something is wrong, but a poor solution for solving the problem.
- True
  - False
18. Chronic anger may be used by the individual to:
- control others
  - as a defense against intimacy
  - as a way to experience intensity or get high
  - all of the above
19. According to the authors, you \_\_\_\_ help chronically angry individuals through methods used in traditional chemical dependent treatment programs?
- can
  - cannot

### **Chapter 7:** Working With Chronically Angry Clients: General Guidelines

20. According to the authors, fear is the most commonly hidden emotion.
- True
  - False
21. The four major life areas that may be affected by the behavior of chronically angry individuals are comprised of the following components:
- behavioral, emotional, creative and spiritual
  - intuitive, behavioral, cognitive and intellectual
  - expressive, intellectual, emotional and behavioral
  - cognitive, affective, behavioral and spiritual
22. According to the authors, \_\_\_\_ can be used to cast light on an individual's present activities and the behavioral changes needed.
- anger patterns
  - ventilation
  - family-of-origin concerns
  - regressive cognitive impressionism

### **Chapter 8:** Working in a Chemical Dependency Treatment Setting

23. According to the authors, it is \_\_\_\_ useful to investigate client's assumptions about the connections between anger and substance abuse?
- often
  - not

24. According to the authors, chances for chemical dependency relapse decrease significantly when:
- chronic anger issues are treated separately from their chemical dependency
  - chronically angry individuals are identified and helped through anger control or anger reduction themes
  - individuals are discouraged from discussing anger issues within a group setting
  - all of the above

### **Chapter 9: Selected Treatment Considerations**

25. Angry individuals don't realize they could alter their behavior, because:
- they become dependent on others to remind them
  - abstinence is a higher priority
  - their actions seem to appear automatically
  - none of the above
26. Which of the following stages of anger/aggression is the most important in the prevention of aggression?
- the buildup stage
  - the explosion itself
  - the period of remorse that follows the explosion
  - none of the above
27. According to the authors, it is important to retrace a client's chain of thoughts, feelings and actions that led up to the angry explosion
- True
  - False
28. Taking a "time out" can be an \_\_\_\_\_ method of anger management.
- effective
  - ineffective
29. Chronically angry persons display systematic styles of dysfunctional cognition.
- True
  - False

### **Chapter 10: Chronically Angry Couples and Families**

30. In studying angry and physically abusive families, G.R. Patterson (1985) found that troubled families have \_\_\_\_\_ difficulty stopping bothersome behavior before it escalates into attack.
- little
  - great
31. There is a belief system in angry families that someone who is not angry is someone who need not be taken seriously.
- True
  - False
32. Adult children may allow others to act irresponsibly because of their belief that persistent anger is a normal part of daily life.
- True
  - False

### **Chapter 11: Self-destructive Anger**

33. Abuse is a primary condition contributing to an individual's self-destructive behavior.
- True
  - False

- 34.** According to the authors, in treating self-destructive behavior, it is important for the therapist to:
- a.** demonstrate a level of trust and tolerance
  - b.** abstain from judging or shaming a client
  - c.** assist the client in identifying the specifics of their behavior in order to create a greater understanding of themselves
  - d.** all of the above

## **Chapter 12:** Anger Issues of Therapists

- 35.** By attempting to minimize conflict with their clients, the anger avoidance counselor may:
- a.** fail to notice their clients' signs of anger
  - b.** attempt to alleviate their clients' anger instead of processing it with them
  - c.** develop a distorted relationship with their clients
  - d.** all of the above
- 36.** The behavior of the excessively angry counselor may lead the counselor to encourage clients to become or stay excessively angry.
- a.** True
  - b.** False