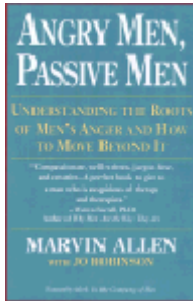


# *Angry Men, Passive Men*

*Understanding the Roots of Men's Anger and How to Move Beyond It*

Marvin Allen with Jo Robinson

**11 CEHs**



## TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

## Examination Questions

### Chapter 1: Why Men Can't Feel

1. The traditional roles assigned to men in our society are:
  - a. hunter, warrior
  - b. rescuer, provider
  - c. providing, protecting and procreating
  - d. thinker, introvert and intuitive
2. According to the authors, “the ability to see a wide range of options and choose the most suitable solution in any given situation,” is referred to as:
  - a. expanded thinking
  - b. functional intelligence
  - c. selective cognition
  - d. proportional analysis

### Chapter 2: Angry Men/Passive Men: The Kick Ass/Kiss Ass Syndrome

3. According to the authors, anger is a positive emotion that is designed to protect you and those you love from harm.
  - a. True
  - b. False
4. According to the author, anger and rage are \_\_\_\_ different things.
  - a. not
  - b. quite
5. The main difference between “The Passive Man” and “The Paralyzed Man” is:
  - a. the ability to express anger in a healthy way
  - b. the fear of the consequences for expressing anger
  - c. the amount of anger hidden beneath the passivity
  - d. none of the above

**Chapter 3:** Growing up in No-Man's-Land: Exploring the Father-Son Relationship

6. According to the authors, a boy's father plays an important role in his life by building a bridge for him that leads to the masculine world.
- True
  - False
7. The FRUSTRATION → SNEAK ATTACK → DENIAL anger pattern describes which category of "Dysfunctional Dads"?
- Critical Father
  - Smart Ass Father
  - Passive Father
  - Self-centered Father
8. According the authors, when a father is physically abusive he is also emotionally abusive as well.
- True
  - False

**Chapter 4:** Men and Their Mothers

9. In a healthy parent-child relationship, the instinctual process, whereby an infant and his mother form a vital link by mirroring each other's actions and moods, is called:
- enmeshment
  - prescriptive parenting
  - synchronicity
  - maternal bonding
10. According to the authors, the critical mother and the critical father share what in common?
- they both play the martyr role
  - they both seek approval from their children
  - they both fail to produce the desired results of their parenting style
  - none of the above

**Chapter 5:** The Male View of Love Relationships

11. According to the authors, men transfer their unmet childhood dependency needs to their:
- work or career
  - children
  - mothers
  - female partners
12. Which of the following is not a major factor in a man's emotional development?
- his desire to be financially successful
  - being raised in a neglectful or abusive family
  - gender conditioning
  - being conditioned to repress his vulnerable emotions

**Chapter 6:** My Own Struggles with Therapy

13. According to the authors, more men would seek the kind of psychological help they need when:
- more men become comfortable seeing a therapist
  - more therapists practice gender-specific therapy
  - all of the above
  - none of the above

**Chapter 7: Helping Men Release Their Emotions**

14. According to the authors, “\_\_\_\_\_ is the real key to freeing the masculine heart.”

- a. expressing emotions
- b. grief
- c. compassion
- d. all of the above

15. According to the authors, because of their gender conditioning, men need a lot of support, encouragement, and a tool to help them to begin releasing their:

- a. thoughts
- b. emotions
- c. intuitions
- d. inhibitions

**Chapter 8: The Healing Power of a Men’s Group**

16. Which of the following is not one of the four basic “feeling groups”?

- a. afraid
- b. honesty
- c. mad
- d. sad

17. A key part of rage-release therapy in a group setting is getting validation from \_\_\_\_\_ for expressing rage in an appropriate setting.

- a. the therapist
- b. the others in the group
- c. all of the above
- d. none of the above

18. According to the authors, the purpose of a therapy group is to:

- a. compare life experiences
- b. bond with others with whom you have common interests
- c. help you grow and develop
- d. get back at your spouse

**Chapter 9: Healing Love Relationships**

19. According to the authors, in order for a man to really hear his partner and empathize with what she is saying, he first has to:

- a. be in touch with her feelings
- b. be in touch with his own emotions
- c. suppress his own feelings
- d. exercise patience and understanding

20. The two-step process that the authors describe to assist in relationship skills is:

- a. say how you feel and state what you want
- b. state what you want and wait for a response
- c. listen and repeat back what was said
- d. all of the above

21. According to the authors, to help gain more support from their partners, men are advised to give their partners lots of reassurance.

- a. True
- b. False

### **Chapter 10:** Making Peace with One's Parents

22. According to the authors, the parent-child relationship is at the heart of:
- a. unmet needs
  - b. emotional issues
  - c. the healing process
  - d. all other relationships

### **Chapter 11:** Creative Masculinity

23. According to the authors, helping men revise their gender conditioning is an essential part of their therapy.
- a. True
  - b. False
24. According to the authors, a man who is in touch with a full range of emotions and has learned to relate to others in a constructive, respectful, life-affirming manner is referred to as:
- a. an emotionally balanced man
  - b. an emotionally healthy man
  - c. an emotionally fit man
  - d. an emotionally strong man