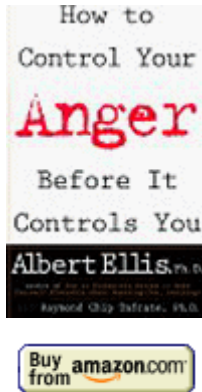


How to Control Your Anger Before it Controls You

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8 CEHs



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Examination Questions

Chapter 1: The Grim Costs of Anger

1. According to the authors, one of the most common costs of anger is:
 - a. loss of self-esteem
 - b. not feeling heard
 - c. damage to personal relationships
 - d. feeling abandoned
2. Anger in the work place can:
 - a. impede your success
 - b. block your focus on important issues
 - c. limit your ability to do quality work
 - d. all of the above
3. According to the authors, anger is a natural human emotion; it ____ useful for solving problems.
 - a. is
 - b. is hardly
4. According to the findings of cross-sectional research studies regarding patients with heart disease, people who experience higher levels of anger are ____ likely to have problems associated with heart disease.
 - a. more
 - b. not

Chapter 2: Myths About How to Deal With Your Anger

5. Actively expressing anger to reduce it stems from ____ thinking.
 - a. Gestalt
 - b. Freudian
 - c. Jungian
 - d. none of the above
6. According to the authors, practicing time-outs as a long-term strategy will hinder your ability to gain emotional control and handle difficulties effectively.
 - a. True
 - b. False

7. According to the authors, using anger to get what you want may lead to short-term rewards, but will often destroy relationships over the long haul.
- True
 - False
8. According to the authors, insight into how your anger developed ____ helpful.
- will always be
 - is not necessarily
9. Unfair situations, difficult people, and great frustrations automatically make you furious.
- True
 - False

Chapter 3: REBT and the ABCs of Anger

10. According to the authors, we have ____ degree of choice and control over our responses to various situations.
- little
 - some
 - no
 - none of the above
11. Which of the following statements is false?
- Your individual beliefs are not entirely your own.
 - You often cannot affect any major influence over an activating experience.
 - An emotional consequence is a direct result of an activating experience.
 - none of the above

Chapter 4: Rational and Irrational Aspects of Anger

12. People create both self-helping and self-sabotaging ideas because:
- we are natural problem solvers
 - of what we have learned from our elders
 - we construct them ourselves
 - all of the above
13. Unhealthy consequences usually result from the merging of a person with their actions.
- True
 - False

Chapter 5: Discovering Your Rage-Creating Beliefs

14. According to the authors, which of the following statements is false?
- As an adult you have conscious choices.
 - As an adult you can control your ideas, attitudes, and actions.
 - You can arrange your life according to your own dictates.
 - However you were influenced during your childhood, you are not reinfluencing yourself today.
15. According to the authors, anxiety usually stems from irrational beliefs that you hold about yourself, while anger stems from irrational beliefs that you hold about others.
- True
 - False
16. Which of the following statements is true?
- Anger-producing irrational behaviors put *others* down.
 - Depression-creating irrational behaviors sometimes put *world conditions* down.
 - Anxiety-inciting irrational behaviors put *yourself* down.
 - all of the above

Chapter 6: Special Insights into Your Self-Angering Beliefs

17. According to REBT Insight No. 1, your present adversities and your current beliefs about them ____ more important than your early traumas.
- are
 - are not
18. According to REBT Insight No. 2:
- you carry on your anger-creating irrational behaviors by repeating them to yourself and acting on them
 - your ongoing, or sustained view of your original frustration keeps you persistently angry
 - all of the above
 - none of the above
19. According to REBT Insight No. 3, in order to change your disturbed feelings and behavior and the irrational behaviors that create them, you almost always have to:
- act on them in a healthy manner
 - do a great deal of work and practice
 - convince yourself that you're going to be okay
 - none of the above

Chapter 7: Disputing Your Self-Angering Beliefs

20. Disputing can be broken down into the following main parts: Detection, Discrimination, and Debating.
- True
 - False
21. REBT attempts to make you rational in the sense of ridding you of all your feelings.
- True
 - False

Chapter 8: More Ways of Thinking Yourself Out of Your Anger

22. The tendency to rant and rave at frustration is referred to as:
- indifferent frustration tolerance (IFT)
 - low frustration tolerance (LFT)
 - frustration tolerance indifference (FTI)
 - irrational frustration tolerance (IFT)
23. You ____ legitimately and usefully feel angry at some of the things other people *do*, but still not feel angry at *them* for their doings.
- can
 - cannot

Chapter 9: Feeling Your Way Out of Your Anger

24. According to the authors, the most important of the emotive methods for overcoming anger and other emotional problems consists of:
- evaluating your feelings about yourself
 - evaluating your feelings about others
 - unconditional self-acceptance
 - not caring what others feel about you
25. According to the authors, the emotive technique, which allows you to experience intense anger and push yourself to change, so that you experience different and healthier negative feelings, is called:
- Regressive Emotive Imagery (REI)
 - Emotive Image Recovery (EIR)
 - Rational Image Recovery (RIR)
 - Rational Emotive Imagery (REI)

26. REBT emphasizes that when you feel others treat you unfairly you need to:
- acknowledge your feelings of anger
 - admit that you created the feelings
 - surrender your *shoulds* and *musts*
 - all of the above

Chapter 10: Acting Your Way Out of Your Anger

27. REBT demonstrates that when you acquire the habit of feeling and acting angrily you also have the underlying habit of thinking irrationally.
- True
 - False
28. According to the authors, learning to be assertive ____ significant anger reduction.
- does not result in
 - results in
29. According to the findings of Victor Denenberg and M.J. Xarrow, aggression is a genetically determined, instinctive response that cannot be modified by experience.
- True
 - False

Chapter 11: Learning to Relax

30. Which of the following is not a relaxation skill used to reduce tension and physical arousal?
- guided imagery
 - progressive muscle relaxation (PMR)
 - reciting rational coping statements
 - none of the above

Chapter 12: Still More Ways of Thinking Yourself Out of Your Anger

31. The technique of taking a vague word and forcing you to list more specific descriptions that comprise the word is referred to as:
- refectory
 - refashioning
 - referenting
 - none of the above
32. The method of taking an idea and exaggerating the terms of its implications to a point of absurdity is referred to as:
- paradoxical intention
 - illogical intention
 - contradictory interjection
 - paradigm intervention
33. According to the authors, humor ____ an effective technique in reducing rage.
- can be
 - is not

Chapter 13: Additional Ways of Reducing Your Anger

34. Which of the following statements is false?
- Anger and violence stem from low frustration tolerance.
 - You can teach yourself high frustration tolerance by acknowledging that frustration, unfairness, and injustice should not exist.
 - Personal growth doesn't stem from avoiding frustration, but facing it.
 - Even when you have little control over being frustrated, you can change your philosophy about it.

Chapter 14: Accepting Yourself With Your Anger

35. According to the authors, you live successfully with your anger by ____ it.
- a. adapting to
 - b. understanding
 - c. defending
 - d. repudiating

Chapter 15: A Few Concluding Remarks

36. According to the authors, you ____ learn to live happily with your anger.
- a. can
 - b. cannot