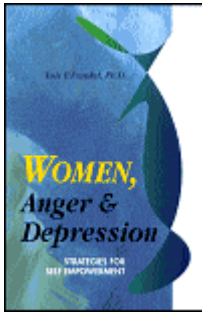


Women, Anger & Depression

Strategies for Self-Empowerment

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5 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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Examination Questions

Chapter 1: Anger Turned Inward

1. According to the author, not all authorities agree, but it appears that depression can stem from ____ factors.
 - a. psychological
 - b. physiological
 - c. social
 - d. all of the above

2. According to the author, depression is manifested through four key areas: feelings, thoughts, behaviors and ____ functioning.
 - a. emotional cognition
 - b. physical
 - c. active
 - d. none of the above

3. According to the author, it is important to distinguish thoughts which are colored by the depression from thoughts which contribute to the depression.
 - a. True
 - b. False

4. According to the author, it is sometimes difficult to determine whether a physical symptom is:
 - a. physical or spiritual
 - b. the result of depression or the cause of it
 - c. short-term or long-term
 - d. none of the above

Chapter 2: The Denial Of Anger

5. According to the author, the process of transforming anger from its natural state to a more convoluted, but socially acceptable one is:
 - a. complex
 - b. unattainable
 - c. deceptive
 - d. not possible

6. According to the author, an intolerance of the right to be appropriately angry creates feelings of:
- a. anger and resentment
 - b. insecurity and embarrassment
 - c. shame and guilt
 - d. none of the above

Chapter 3: The Transformation Of Anger

7. According to the author, the most obvious way in which women placate, thereby devaluing their power, is through:
- a. rolling their eyes
 - b. inappropriate smiling
 - c. remaining silent
 - d. none of the above
8. According to the author, acting passive-aggressively is a response of _____, not empowerment.
- a. fear
 - b. shame
 - c. guilt
 - d. none of the above
9. Depression is the ultimate manifestation of:
- a. internal emotional conflict
 - b. turning anger inward
 - c. the absence of self-worth
 - d. none of the above

Chapter 4: Finding And Losing Anger

10. According to the author, the best way to get in touch with angry feelings is to:
- a. approach them is a safe way
 - b. wait until the feelings pass
 - c. emote
 - d. talk about them

Chapter 5: Fear Of Power And Control

11. The fear of what others will think pervades the issue of power for many women.
- a. True
 - b. False
12. According to the author, more than just getting what women want, need and deserve, they are forcing others to _____ what women have been giving away for so long.
- a. take back
 - b. accept
 - c. give back
 - d. none of the above

Chapter 6: The Illusion Of Inclusion: Women In The Workplace

13. The process which takes place between people with uneven or unequal amounts of power is known as:
- a. demystification
 - b. mystification
 - c. demarcation
 - d. none of the above

14. According to the author, the term used for the process of domination and subordination in the workplace is:

- a. victimization
- b. power structure
- c. harassment
- d. discrimination

15. According to the author, our present society does not show many of the same symptoms that ancient civilizations displayed as they began to decline.

- a. True
- b. False

Chapter 7: The Ten Commandments Of Taking Charge Of Your Life

16. According to the author, which of the following statements are true?

- a. Women have remained safe by asking questions.
- b. Women often apologize for the mistakes of others.
- c. The fear of making mistakes keeps many women paralyzed their entire lives.
- d. all of the above

17. Which of the following powers is also known as the “position power”?

- a. Coercive Power
- b. Referent Power
- c. Legitimate Power
- d. Visualized Power

Chapter 8: Putting It All Together

18. According to the author, you don't need proof or have to explain your feelings.

- a. True
- b. False