

## TAKE THIS LESSON QUIZ

### 2A2 Lesson — Reducing Harmful Reactions to Emotions

Take time to note, study, and memorize what this lesson has revealed to you about the following. Consider and practice ways you could share this knowledge with others in future casual conversation.

- Give a few reasons why it is important to journal what frustrated us each day.
- Define what an “Anger Extinguisher” is and how to construct and use it.
- Memorize the beginning, body, and closing steps to a healthy critique.
- Memorize the “Remember” statements you wrote at the top of both sides of your Anger Extinguisher sheet.

**QUIZ INSTRUCTIONS:** Quiz questions are presented in two different formats. Review the study format quiz as much as necessary to absorb the answers to each question well. Once you feel confident that you know the answers, take the actual quiz. For a quick check, answers to actual quiz are listed on the separate page.

## 2A2 Lesson — Reducing Harmful Reactions to Emotions

### LESSON QUIZ (Study Format)

1. Learning how to deal with anger \_\_\_\_\_ is one of the most difficult yet important EQ skills to learn well.

safely

2. It is tricky to know when it is more helpful to quietly withstand the emotional pain of anger, rather than \_\_\_\_\_ express our immediate feelings.

aggressively

3. By journaling the question, “What frustrated, angered, or bothered me today?” each day, we learn to reflect on stressful experiences days later in an \_\_\_\_\_ manner—after the heat of the moment has passed.

insightful

4. The mind’s stress gauge has a tendency to malfunction and initially \_\_\_\_\_.

overreact

5. This lesson teaches a powerful, yet relatively simple way to prepare you to deal more appropriately with future stress from anger. The technique we suggest is called an “Anger \_\_\_\_\_”.

extinguisher

6. In most instances, if we wait rather than comment or react too freely in the heat of the moment, we have time to \_\_\_\_\_ what we will say and do.

rethink

7. A major difference from IQ is that EQ can involve accepting healthy and sometimes difficult behavioral \_\_\_\_\_.

composure

8. To be effective, it is important to review the daily anger extinguisher lists suggested in this lesson once each morning and once each evening with \_\_\_\_\_ and \_\_\_\_\_ in mind.

concern / purpose

9. Without such a review as this lesson suggests, it can be much more difficult to challenge harmful ways we can \_\_\_\_\_ become too prone to react.

naturally

10. The opening and ending comments of a critique should be \_\_\_\_\_.

complimentary

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### ACTUAL QUIZ

1. Learning how to deal with anger \_\_\_\_\_ is one of the most difficult yet important EQ skills to learn well.
2. It is tricky to know when it is more helpful to quietly withstand the emotional pain of anger, rather than \_\_\_\_\_ express our immediate feelings.
3. By journaling the question, “What frustrated, angered, or bothered me today?” each day, we learn to reflect on stressful experiences days later in an \_\_\_\_\_ manner—after the heat of the moment has passed.
4. The mind’s stress gauge has a tendency to malfunction and initially \_\_\_\_\_.
5. This lesson teaches a powerful, yet relatively simple way to prepare you for future stress from anger. The technique we suggest is called an Anger \_\_\_\_\_.
6. In most instances, if we wait rather than comment or react too freely in the heat of the moment, we have time to \_\_\_\_\_ what we will say and do.
7. A major difference from IQ is that EQ can involve accepting healthy and sometimes difficult behavioral \_\_\_\_\_.
8. To be effective, it is important to review the daily anger extinguisher lists suggested in this lesson once each morning and once each evening with \_\_\_\_\_ and \_\_\_\_\_ in mind.
9. Without such a review as this lesson suggests, it can be much more difficult to challenge harmful ways we can \_\_\_\_\_ become too prone to react.
10. The opening and ending comments of a critique should be \_\_\_\_\_.

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### ACTUAL QUIZ ANSWERS

1. safely
2. aggressively
3. insightful
4. overreact
5. Extinguisher
6. rethink
7. composure
8. concern / purpose
9. naturally
10. complimentary