

MODULE 1

QUIZ

Choose the correct answer.

1. You'll get the most from this course if you:
 - A. Pick and choose lessons at your leisure
 - B. Study the quiz prior to working through the lessons
 - C. Read the lessons, skip the activities, and take the quiz
 - D. Do the lessons in sequential order

2. Present hurts bring up pain from past similar hurts.
 - A. True
 - B. False

3. A deep emotional hurt can:
- A. Have you doubt yourself
 - B. Make your future uncertain
 - C. Cause you to lose your sense of self
 - D. All of the above
4. Your brain waits 5 minutes before reacting to emotional pain.
- A. True
 - B. False
5. When you've been emotionally hurt, your body produces:
- A. Oxytocin
 - B. Iron
 - C. Neurotransmitters
 - D. Heat
6. When emotional pain triggers your stress response, the following happens:

- A. You go into Fight-Flight-Freeze mode
 - B. You go dancing
 - C. You crave coffee
 - D. You get a tattoo
7. Some neurotransmitters have the opposite effect when there's too much of it.
- A. True
 - B. False
8. Regarding your thoughts about your deep hurt:
- A. They can make your brain act as if you've been hurt again.
 - B. Failure is an opportunity to beat yourself up emotionally.
 - C. It's a good excuse to look for some pity.
 - D. All the above
9. Making up stories about what happened can:
- A. Get you a movie deal

- B. Make you hurt worse
 - C. Help you heal
 - D. Convince others to get on your side
10. When family and friends keep talking about what happened:
- A. Ask them to support you by not talking about it.
 - B. Tell them you appreciate their support.
 - C. Ask them to remind you not to talk about it, if you do start talking about it.
 - D. All of the above

ANSWER KEY

- 1. D
- 2. A
- 3. D
- 4. B
- 5. C

6. A

7. A

8. A

9. B

10. D