

MODULE 3

QUIZ

Choose the correct answer.

1. You don't always know how powerful you are.
 - A. True
 - B. False

2. Who is most important in the process of forgiving?
 - A. The others involved
 - B. You
 - C. Your friends
 - D. Your family

3. When you release the past and forgive, you'll:

- A. Redefine yourself
 - B. Tap into your inner power
 - C. Keep the situation from getting worse
 - D. All the above
4. Sometimes you need to tell loved ones how to support you as you're healing from the pain of the past.
- A. True
 - B. False
5. Looking in the mirror and commanding myself to "get over it":
- A. Proves I have a split personality
 - B. Reinforces the belief that I can and will release the past
 - C. Is a sign I'm crazy
 - D. Convinces me it's time for ice cream
6. Controlling my thoughts prevents me from reinforcing the pain of the past.

A. True

B. False

7. I can change my feelings by:

A. Remembering times when I felt proud of myself

B. Crying in our favorite pizza place

C. Listening to our favorite song over and over and over again

D. Hitting myself on the head with a rubber hose

8. I change my behavior by:

A. Doing new things

B. Finding new favorite places to go

C. Discovering new music I enjoy

D. All the above

9. Whether I know it or not, I have the personal power to release the past and move into a wonderful future.

A. True

B. False

10. The following will help me to forgive and release the past:

A. My inner strength

B. My determination to be happy

C. Doing the exercises in the lessons

D. All of the above

ANSWER KEY

1. A

2. B

3. D

4. A

5. B

6. A

7. A

8. D

9. A

10. D