

Started on	Wednesday, 22 May 2024, 3:52 AM
State	Finished
Completed on	Wednesday, 22 May 2024, 4:00 AM
Time taken	8 mins 47 secs
Grade	9.00 out of 10.00 (90%)

**Question 1**  
Correct  
Mark 1.00 out of 1.00

True or False: Saying: you are so smart is a judgment. Saying: the way you handled your friend showed compassion by...is an observation.  
  
Select one:  
  

☒ True ✓  
☐ False



**Question 2**  
Correct  
Mark 1.00 out of 1.00

True or False: Research shows that we have up to 1,000 negative thoughts per day.  
  
Select one:  
  

☐ True  
☒ False ✓

**Question 3**  
Correct  
Mark 1.00 out of 1.00

True or False: Saying: you pounded your fist on the desk for about 10 seconds is a judgment.  
  
Select one:  
  

☐ True  
☒ False ✓

## Question 4

Correct

Mark 1.00 out of 1.00

True or False: Self-talk is the narration that accompanies us at all times.

Select one:

- ☒ True ✓
- ☐ False

## Question 5

Correct

Mark 1.00 out of 1.00

True or False: Saying: "you were mad" is a judgment.

Select one:

- ☒ True ✓
- ☐ False

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## Question 6

Correct

Mark 1.00 out of 1.00

True or False: Learning to dispute negative thoughts might take time and practice, but is worth the effort. Once you start looking at it, you'll probably be surprised by how much of your thinking is inaccurate, exaggerated, or focused on the negatives of the situation.

Select one:

- ☒ True ✓
- ☐ False

## Question 7

Correct

Mark 1.00 out of 1.00

True or False: Research shows that we as humans have between: 60,000-300,000 thoughts per day.

Select one:

- ☒ True ✓
- ☐ False

## Question 8

Correct

Mark 1.00 out of 1.00

True or False: We squander a lot of our energy and create useless anxiety worrying over issues that are either out of our control or of incidental or irrelevant impact to our lives.

Select one:

- ☒ True ✓
- ☐ False

## Question 9

Correct

Mark 1.00 out of 1.00

True or False: Whenever you find yourself feeling depressed, angry, anxious or upset, use this as your signal to stop and become aware of your thoughts. Use your feelings as your cue to reflect on your thinking.

Select one:

- ☒ True ✓
- ☐ False

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## Question 10

Incorrect

Mark 0.00 out of 1.00

True or False: Disputing your self-talk means forgetting the negative or unhelpful aspects.

Select one:

- ☒ True ✗
- ☐ False