

**NAME:**\_\_\_\_\_

**DATE:**\_\_\_\_\_

### **Quiz: Understanding the Physical Self**

1. **What does the physical self refer to?**
  - A) The emotional aspect of a person
  - B) The body and its interactions with the environment
  - C) The mental processes
  - D) The social interactions
2. **Which psychologist considered the body as the initial source of sensation and necessary for the maintenance of personality?**
  - A) Sigmund Freud
  - B) Wilhelm Reich
  - C) William James
  - D) Erik Erikson
3. **According to Sigmund Freud, what is at the core of human experience?**
  - A) Emotional states
  - B) Physical body
  - C) Social interactions
  - D) Cognitive processes
4. **Who argued that mind and body are one, and all psychological processes are part of physical processes?**
  - A) Carl Jung
  - B) B.F. Skinner
  - C) Wilhelm Reich
  - D) William James
5. **Which psychologist emphasized the importance of bodily organs in early developmental stages?**
  - A) William James
  - B) Carl Jung
  - C) Erik Erikson
  - D) Sigmund Freud
6. **Who believed that the physical body and external world are known only as psychological experiences?**
  - A) Carl Jung
  - B) Wilhelm Reich
  - C) William James
  - D) B.F. Skinner
7. **According to B.F. Skinner, what is of primary importance?**
  - A) Social interactions
  - B) Emotional responses
  - C) The role of the body
  - D) Cognitive processes
8. **What are the three types of self-esteem mentioned in the discussion?**
  - A) High, Low, and Inflated
  - B) High, Medium, and Low

- C) Positive, Negative, and Neutral
- D) Inflated, Deflated, and Balanced
- 9. **What societal practice involves modifying and adorning the body as part of identity creation?**
  - A) Cognitive restructuring
  - B) Body modification
  - C) Social networking
  - D) Emotional regulation
- 10. **What effect does self-esteem have on relationships?**
  - A) It has no effect
  - B) It only affects romantic relationships
  - C) It influences the formation of positive and healthy relationships
  - D) It only affects professional relationships
- 11. **How does William James relate physical self to spiritual hygiene?**
  - A) By ignoring the physical body
  - B) By considering the body essential for sensation and personality
  - C) By focusing only on the mind
  - D) By separating body and spirit
- 12. **What is a key influence on self-esteem according to the discussion?**
  - A) Physical attributes
  - B) Financial status
  - C) Academic achievements
  - D) Social media presence
- 13. **How do people with inflated self-esteem view themselves?**
  - A) As equal to others
  - B) As better than others
  - C) As inferior to others
  - D) As unworthy
- 14. **What is an example of a physical attribute people modify to meet cultural standards?**
  - A) Hair color
  - B) Eye color
  - C) Tattooing
  - D) All of the above
- 15. **What can be a consequence of low self-esteem on a person's daily life?**
  - A) Increased confidence
  - B) Lack of self-value
  - C) Overestimating others
  - D) Improved social skills

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