Anger Management: The Complete Treatment
Guidebook for Practitioners

Questions from chapter 1

1) The Yerkes-Dodson law notes that optimal cognitive and motor performance is generally associated with what level of arousal?
   a. none
   b. low
   c. moderate
   d. high

2) According to Beck (1999) anger is associated with distortions that can lead clients to become
   a. victims of vengeance
   b. prisoners of hate
   c. emotional bondslaves
   d. irrational participants

3) According to the author, we learn how to act when “angry” and we learn when to become angry.
   a. True
   b. False

4) “I absolutely hate her and will never forgive her” is an example of which anger script?
   a. strong words
   b. harsh tone
   c. sarcastic content
   d. all or nothing thinking

5) Words and statements, usually negative, which may or may not lead to anger in others are termed
   a. verbal aggression
   b. aversive verbalizations
   c. hostility
   d. slander

Questions from chapter 2

6) The external or internal stimuli that sets the stage for the anger response are
   a. precursors
   b. antecedents
   c. triggers
   d. launch pads

7) Skinner (1974) describes the client's internal awareness of anger as
   a. a private event
   b. homeostasis
   c. a conditioned response
   d. biologically predisposed
8) Common patterns of anger expression include all EXCEPT
   a. diffused anger
   b. anger-in
   c. indirect anger expression
   d. outward expression

9) Scherer & Wolbert (1994) proposed that interpersonally, anger has
   a. multiple etiologies
   b. generational impact
   c. a distancing effect
   d. an inverse relationship

Questions from chapter 3

10) A good analysis of the private experience and public expression of anger is based all EXCEPT
    a. listening
    b. watching
    c. formal testing
    d. sensing

11) An example of a self-monitoring form for anger is the
    a. Anger Episode Record
    b. Anger Schedule
    c. Anger Calendar
    d. Anger Incident Chart

12) Eckhardt & Deffenbacher (1995) have proposed all of these anger diagnoses EXCEPT
    a. adjustment disorder with angry mood
    b. intermittent explosive disorder with aggression
    c. situational anger disorder with aggression
    d. general anger disorder without aggression

Questions from chapter 4

13) The anger management program is organized into 4 sections which are
    a. menu-based
    b. hierarchal
    c. developmental
    d. goal oriented

14) "Avoidance and escape" along with "Building life skills" are components of which treatment section?
    a. preparing for change
    b. changing
    c. accepting
    d. maintaining change

15) In the cognitive change program developed by Albert Ellis and Associates, much emphasis is placed on determining the truth regarding the trigger.
    a. True
    b. False
Questions from chapter 5

16) A client is evaluating the pros and cons of personal anger reduction but has not made a formal decision to work at change. This stage is
   a. pre contemplative
   b. non contemplation
   c. preparation
   d. contemplative

17) All of the following are ways to increase motivation EXCEPT
   a. fact review
   b. flooding
   c. recognition of the differences between short and long term consequences
   d. understanding the negative role of catharsis

18) The "joining the resistance" approach is also known as
   a. the French underground
   b. giving aid and comfort to the enemy
   c. therapeutic bonding
   d. paradoxical intention

Questions from chapter 6

19) According to Carl Rogers (1957) what was necessary for the achievement of therapeutic goals?
   a. a positive relationship
   b. a shared worldview
   c. observable and measurable goals
   d. positive transference

20) Research indicates that mastery models achieve more change in clients than do coping models.
   a. True
   b. False

21) Ackerman and Hilsenroth (2001) found a negative effect on the client-practitioner bond with all EXCEPT
   a. inappropriate self-disclosure
   b. incongruent affect
   c. unyielding use of transference interpretation
   d. inappropriate use of silence

Questions from chapter 7

22) Having clients fill out the Anger Episode Record helps them attend to all EXCEPT
   a. triggers of their anger
   b. reaction of others
   c. diet and exercise
   d. consequences
23) The technique which involves the client playing the role of the instigating trigger and a practitioner playing the role of the client is
   a. countertransference
   b. role reversal
   c. unethical
   d. guided imagery

24) All of following are mentioned as instruments which can increase client awareness of anger EXCEPT
   a. Measure of Affective Disturbance
   b. State-Trait Anger Expression Inventory
   c. Client Self-Monitoring Form
   d. Life Experiences Survey

Questions from chapter 8

25) A formal name for avoidance is
   a. negative reinforcement
   b. stimulus control
   c. passive aggression
   d. displacement

26) The disruption of anger responses it is what type of strategy?
   a. avoidance
   b. passive-aggressive
   c. diversion
   d. escape

27) Avoidance and escape are early and temporary aides to adjustment.
   a. True
   b. False

Questions from chapter 9

28) Which response is well developed, assisting people to adapt to a hostile world and assuring physical survival?
   a. approach or avoid
   b. adapt or negotiate
   c. fight or flight
   d. sink or swim

29) The most common, quickest, and easiest relaxation technique to use in the office is
   a. visualization
   b. guided imagery
   c. hypnosis
   d. progressive muscle relaxation training

30) What has Benson (1996, 2000) found to evoke a relaxation response?
   a. repetitive prayer
   b. repetitive exercise
   c. water
   d. singing
Questions from chapter 10

31) Central components of many social skills that are taught to clients include all of the following EXCEPT
   a. distance
   b. facial expressions
   c. posture
   d. gesturing

32) All the following are “excitatory” assertive exercises for clients EXCEPT
   a. Us Language
   b. Feeling Talk
   c. Facial Talk
   d. Contradiction

33) What is described as the expression of feelings and thoughts at the expense of others?
   a. aggressive responding
   b. verbally assaultive responding
   c. verbally aversive responding
   d. non-assertive responding

Questions from chapter 11

34) In step 1 of the problem solving model, the problem trigger is described in what format?
   a. he said-she said
   b. yes-but
   c. least-greatest
   d. when-then

35) What is the goal of the second problem-solving step?
   a. select the best alternative
   b. brainstorm possible solutions
   c. assess the probable consequences of each alternative
   d. evaluate the effectiveness of the new response

Questions from chapter 12

36) The technique of having clients face and re-experience anger-provoking triggers is
   a. exposure
   b. contraindicated
   c. confronting
   d. psychodynamic

37) The authors believe that “letting the anger out” is cathartic and leads to a reduction in future anger.
   a. True
   b. False

38) Aversive, negative words or statements, designed to simulate anger triggers are
   a. grist
   b. barbs
   c. precursors
   d. darts
Questions from chapter 13

39) According to Greenberger & Padesky (1995) some cognitive therapists refer to the thoughts most connected to emotional experiences as
   a.  hot thoughts
   b.  conditioned thoughts
   c.  learned thoughts
   d.  wired thoughts

40) The spontaneous and fleeting thoughts that are just below the level of conscious awareness are
   a.  schema
   b.  automatic thoughts
   c.  subliminal triggers
   d.  drives

41) The rules or attitudes that guide daily actions and set expectations are
   a.  core beliefs
   b.  cognitions
   c.  scripts
   d.  assumptions

Questions from chapter 14

42) In the REBT model, client perceptions and thoughts about the trigger are assumed to be true.
   a.  True
   b.  False

43) Which is NOT one of the REBT core irrational beliefs?
   a.  minimization
   b.  awfulizing
   c.  demandingness
   d.  global ratings

44) Which REBT technique is mentioned by Kassinove & DiGiuseppe (1975)?
   a.  be the cognition
   b.  embrace the fallacy
   c.  think like a Vulcan
   d.  rational role reversal

Questions from chapter 15

45) Forgiveness influences cardiovascular disease, stroke, and mental-health by producing changes in
   a.  dopamine level
   b.  level of arousal
   c.  blood flow
   d.  allostatic load

46) Which is NOT a phase in the Forgiveness Model for Practitioners?
   a.  work phase
   b.  review and relapse prevention
   c.  uncovering anger
   d.  released and deepening
47) Which psychologist developed logotherapy?
   a. Carl Rogers  
   b. Aaron Beck  
   c. Albert Ellis  
   d. Victor Frankl

Questions from chapter 16

48) The relapse process begins when the individual experiences a sense of
   a. helplessness
   b. inadequacy
   c. self-efficacy
   d. frustration

49) According to Parks and Marlatt (2000) the cornerstone of relapse prevention is
   a. coping skills training
   b. medication management
   c. relaxation skills training
   d. self monitoring

50) One strategy for managing setbacks is to
   a. refer the client to a peer support group
   b. see the client more frequently
   c. develop and enforce a contingency contract
   d. involve key friends and family members

Questions from chapter 17

51) Methods recommended to build awareness of the effects of anger on practitioner-client interactions
   include all EXCEPT
   a. audiotape sessions
   b. consider outcomes
   c. supervision and feedback from other professionals
   d. elicit client feedback

52) Change strategies mentioned for practitioners to manage their own anger reactions during sessions
   include all EXCEPT
   a. psychopharmacology
   b. skill building
   c. problem solving
   d. avoidance or escape