The Feeling Good Handbook

Question from the preface

1) The handbook is based on which type of therapy?
   a) rational emotive therapy
   b) cognitive-behavioral therapy
   c) client centered therapy
   d) object relations therapy

Question from the introduction

2) Cognitive therapy is based on the idea that moods are created by
   a) environment
   b) beliefs and reactions
   c) genetic predispositions
   d) thoughts and attitudes

Questions from chapter 1

3) What results from feelings of unfairness?
   a) sadness and depression
   b) anger
   c) anxiety and panic
   d) guilt

4) What type of distorted thinking involves picking out a single negative detail and dwelling on it exclusively?
   a) magnification
   b) minimization
   c) overgeneralization
   d) mental filter

5) What type of distorted thinking involves mind reading?
   a) emotional reasoning
   b) should statements
   c) jumping to conclusions
   d) labeling

6) The thought "He's never on time" is an example of
   a) all-or-nothing thinking
   b) discounting the positive
   c) overgeneralization
   d) magnification

7) I'll probably make a fool of myself is an example of
   a) overgeneralization
   b) magnification
   c) personalization
   d) labeling
8) Then I won't get any new cases is an example of
   a) fortune telling
   b) labeling
   c) emotional reasoning
   d) all-or-nothing thinking

9) Thoughts that tempt a person to give into bad habits often contain
   a) a grain of truth
   b) addictive components
   c) labeling
   d) positive distortions

10) Cognitive therapy leads to intellectual change without changing how person feels on a gut level.
    a) True
    b) False

Questions from chapter 2

11) A score of 15 on the BAI indicates
    a) borderline anxiety
    b) severe anxiety
    c) moderate anxiety
    d) mild anxiety

12) Depression is different from healthy sadness in all of the following ways EXCEPT
    a) depression involves a loss of self-esteem
    b) depression goes on and on
    c) depression is time limited
    d) depression is an illness

13) What is the best way to know if someone is suicidal?
    a) ask them
    b) administer the BDC
    c) an EEG
    d) bloodwork

Questions from chapter 3

14) Feeling anxious and tense all day long, regardless of where you are or what you're doing suggests
    a) social phobia
    b) panic disorder
    c) generalized anxiety disorder
    d) agoraphobia

15) A burst of intense, overwhelming anxiety that last for a brief period which occurs for no apparent reason suggests
    a) panic disorder
    b) obsessive compulsive disorder
    c) simple phobia
    d) generalized anxiety disorder
16) What are ritualistic acts that one feels compelled to repeat over and over to ward off danger?
   a) tics
   b) obsessions
   c) compulsions
   d) stereotypic movements

17) Oscillations between mild depression and mild elation that has lasted at least two years is
   a) PTSD
   b) cyclothymic disorder
   c) dysthymic disorder
   d) hypochondriasis

Questions from chapter 4

18) Which is NOT a question to ask to determine if a feeling should be accepted, expressed, or changed?
   a) How long have I been feeling this way?
   b) Are my thoughts and feelings realistic?
   c) Am I feeling hopeless?
   d) Am I experiencing a loss of self-esteem?
   e) all are valid questions

19) What can lead to unhealthy anger, anxiety, guilt, and depression?
   a) loss of libido
   b) feeling hopeless
   c) loss of self-esteem
   d) avoiding a problem

Questions from chapter 5

20) If one wants positive changes to occur the author suggests
   a) thinking through problems
   b) writing down negative thoughts
   c) utilize a mood monitor
   d) progressive muscle relaxation

21) In identifying the upsetting event, the most important principle is to
   a) address all sensory modalities
   b) be specific
   c) brainstorm
   d) discount emotion

22) What is NOT part of the triple column technique?
   a) negative feelings
   b) automatic thoughts
   c) distortions
   d) rational responses

23) Negative thoughts are also known as
   a) dysfunctional feelings
   b) schemas
   c) prodromes
   d) automatic thoughts
24) "If Luci gets a sore throat, it will be my fault" is an example of which distortion?
   a) fortune telling
   b) overgeneralization
   c) mental filter
   d) emotional reasoning

25) Which is NOT a question in the troubleshooting guide?
   a) have I correctly identified the upsetting event?
   b) have I confirmed the distortion with an unbiased observer?
   c) do want to change my negative feelings about this situation?
   d) have I identified my automatic thoughts properly?

26) The fourth step in the Four Steps to Happiness is
   a) outcome
   b) action
   c) response
   d) feedback

Questions from chapter 6

27) "The A-B-C" model of emotion was developed by
   a) Aaron Beck
   b) Albert Ellis
   c) David Burns
   d) William James

28) What is the distortion in the thought "I'm such a lowlife"?
   a) discounting the positive
   b) jumping to conclusions
   c) overgeneralization
   d) magnification

29) Giving yourself the same encouraging messages you'd give a friend is the essence of the
   a) feedback method
   b) buddy method
   c) double-standard method
   d) mentor method

30) Testing a negative thought to find out if it is true describes the
   a) litmus test
   b) microscope method
   c) Socratic technique
   d) experimental technique

31) The technique described to combat all-or-nothing thinking is
   a) thinking outside the box
   b) thinking in shades of gray
   c) that half-full method
   d) the what-me-worry method
32) An effective way to combat "should statements" is the
   a) survey method
   b) experimental technique
   c) semantic method
   d) devil's advocate technique

33) One anecdote to personalization is
   a) re-attribute
   b) defining terms
   c) refocusing
   d) examine the evidence

34) Asking yourself how believing a negative thought will help or hurt is which technique?
   a) cost-benefit analysis
   b) semantic method
   c) survey method
   d) experimental techniques

Questions from chapter 7

35) Common attitudes that often lead to depression and anxiety are sometimes called
   a) preconceived notions
   b) antecedents
   c) silent assumptions
   d) precursors

36) Buying into negative thoughts and seeing where they lead is the
   a) rabbit trail method
   b) vertical arrow technique
   c) devil's advocate technique
   d) empty chair technique

37) What is step 2 in the program for developing healthier attitudes?
   a) cost-benefit analysis
   b) gather data
   c) test your belief
   d) solicit feedback

38) Which method involves confronting your worst fears in a dramatic way?
   a) mirror method
   b) implosion method
   c) in vivo desensitization
   d) feared fantasy technique

Questions from chapter 8

39) Any cognitive technique can usually be used with any negative thought.
   a) True
   b) False
Questions from chapter 9

40) Regarding procrastination, motivation comes before productive action.
   a) True
   b) False

41) Highly productive people are most likely to have what model of success?
   a) mastery
   b) coping
   c) learning
   d) collaborative

42) Perfectionism is compared with
   a) the realistic appraisal of ability
   b) avoidance of the task
   c) the healthy pursuit of excellence
   d) the power of the ordinary

43) Which is NOT a valid use of the word "should"?
   a) moral should
   b) legal should
   c) laws of the universe should
   d) societal should

44) The most common cause of procrastination is
   a) the lack of desire
   b) passive aggressiveness
   c) unassertiveness
   d) coercion sensitivity

Questions from chapter 10

45) Advantages of procrastination include all EXCEPT
   a) it may give some status
   b) it allows more time to plan
   c) it's easy
   d) you don't have to feel the possibility of failure

46) Doing a little bit at a time is part of which step for dealing with procrastination?
   a) make a plan
   b) cost-benefit analysis
   c) think positively
   d) make the job easy

47) What are positive and realistic thoughts that will make you feel more productive and motivated?
   a) TOC's
   b) TIC's
   c) WAC's
   d) SML's
Questions from chapter 11

48) A cognitive therapist would claim that anxiety is caused by
   a) repressed conflicts
   b) an imbalance in body chemistry
   c) food allergies or low blood sugar
   d) negative thoughts and irrational attitudes

49) Which of the following is NOT true?
   a) anxiety never causes strokes or heart attacks
   b) it is possible to pass out during a panic attack
   c) most people who fear passing out during a panic attack never have
   d) panic attacks never lead to insanity

50) The author believes anxiety and panic result from repressed
   a) fear
   b) libido
   c) ambition
   d) anger

51) We do not know of any physical or chemical imbalance that causes anxiety or panic.
   a) True
   b) False

Questions from chapter 12

52) Which is NOT part of the panic cycle?
   a) frightening thoughts
   b) frightening physical symptoms
   c) environmental confirmation of beliefs
   d) self-defeating behavior

53) The interventions which involve doing the opposite of what you were inclined to do are called
   a) the experimental method
   b) the mirror method
   c) paradoxical techniques
   d) that negative image technique

54) Dr. Rachman's technique to treat agoraphobia could be termed the
   a) martyrdom method
   b) self deception method
   c) empowerment method
   d) partnership method

55) Imagining peaceful scenes is a component of
   a) cost-benefit analysis
   b) shame attacking exercises
   c) positive imaging
   d) the experimental method
56) Writing out a dialogue with an imaginary hostile stranger who puts you down for feeling anxious describes
   a) the experimental method
   b) shame-attacking exercises
   c) the acceptance paradox
   d) confronting your fears

Questions from chapter 13

57) In the author’s conceptualization of death, which stage is the actual moment of death?
   a) stage 1
   b) stage 2
   c) stage 3
   d) stage 4

58) The author believes that when you face the ultimate inevitability of death
   a) life becomes meaningless
   b) death becomes irrational
   c) death becomes a metaphor
   d) life can be more meaningful

Questions from chapter 14

59) Which statement is true?
   a) social phobias are more common in men than women
   b) social phobias are more common in women than men
   c) agoraphobia is more common in men than women
   d) agoraphobia is equally common in men and women

60) Role-playing that you told someone you felt anxious and they concluded you are a basket case would be an example of
   a) the feared fantasy technique
   b) self disclosure
   c) the experimental method
   d) positive imaging

61) The shame-attacking method is similar to
   a) implosion
   b) desensitization
   c) flooding
   d) extinction

62) An extremely helpful antidote for a magnification cognitive distortions is
   a) cost-benefit analysis
   b) the semantic method
   c) distraction
   d) the acceptance paradox

63) When you are blowing things out of proportion and predicting social catastrophe try
   a) the "what-if" technique
   b) the experimental method
   c) shame-attacking exercises
Questions from chapter 15

64) Giving a genuine compliment to a hostile audience member is known as
   a) stroking
   b) affirming
   c) flattering
   d) aligning

65) Finding a grain of truth in what a hostile audience member says is known as
   a) parrying
   b) deflecting
   c) disarming
   d) stroking

66) Thinking about anxiety as a source of energy is an example of
   a) positive reframing
   b) denial
   c) problem solving
   d) unconditional self-esteem

Questions from chapter 16

67) Which is NOT one of the principles of dynamic interviewing?
   a) be personal and friendly
   b) be honest but present yourself in a positive light
   c) don't get defensive about your shortcomings
   d) be prepared to sell yourself to them

68) What method is helpful in preparing for anxiety-provoking questions?
   a) positive imaging
   b) the devil's advocate technique
   c) script writing
   d) the talk-to-the-hand technique

69) The offer you don't really want is worth its weight in gold is the
   a) golden egg paradox
   b) fool's gold metric
   c) sour grapes to wine rule
   d) Burns rule

Questions from chapter 17

70) What is a hidden cause of performance anxiety?
   a) you don't really want the goals you've chosen
   b) you feel undeserving of success
   c) you fear success
   d) passive aggressive motives
71) Being aware of anxiety but not dwelling on it, giving oneself helpful mental instructions is
   a) compartmentation
   b) healthy distraction
   c) going round the problem
   d) channeling the anxiety

72) Scheduled periods of time to dwell on anxiety are
   a) feeding the fear
   b) worry breaks
   c) paradoxical distractions
   d) proactive rumination

Questions from chapter 18

73) Pouting, withdrawing, or saying nothing describes
   a) blame
   b) martyrdom
   c) a put-down
   d) passive aggression

74) You suggest that the other person has "A problem" and that you are sane, happy and uninvolved in the conflict describes
   a) sarcasm
   b) diversion
   c) scapegoating
   d) counterattack

Questions from chapter 19

75) Finding some truth in what the other person is saying describes
   a) empathy
   b) the disarming technique
   c) coercion
   d) distraction

76) Paraphrasing the other person's words is
   a) feeling empathy
   b) stroking
   c) inquiry
   d) thought empathy

77) When you indicate you respect the other person, even though you may be angry describes
   a) stroking
   b) empathy
   c) cajoling
   d) disarming
Questions from chapter 20

78) How did the author revise his communication style?
   a) role-playing with his wife
   b) tape-recording his sessions
   c) by writing and rewriting scripts
   d) the compartmentation technique

Questions from chapter 21

79) What type of difficult people rely on passive-aggressive tactics?
   a) thwarters
   b) hostile people
   c) twisters
   d) insecure people

80) The first step in dealing with someone who refuses to talk is to
   a) give them space
   b) empathize
   c) disarm them
   d) communicate nonverbally

81) To communicate with the stubborn argumentative person, use all EXCEPT
   a) disarming
   b) empathy
   c) stroking
   d) inquiry

82) A helpful way to deal with a person who makes unreasonable demands is
   a) dodging
   b) handoff
   c) reframing
   d) punting

83) To transform a boring conversation into an exciting one
   a) comment that you feel bored
   b) ask the person about themselves
   c) ask about past relationships
   d) comment on religion or politics

Questions from chapter 22

84) Probably the greatest barrier to good communication is
   a) defensiveness
   b) truth
   c) selfishness
   d) mistrust
85) You believe that you have the right to say what you think and feel when upset describes what attitude?
   a) emotional perfectionism
   b) passive-aggressiveness
   c) spontaneity
   d) martyrdom

86) You put up a wall because you believe you'll be taken advantage of if you try to listen, describes which attitude?
   a) selfishness
   b) defensiveness
   c) blame
   d) mistrust

Questions from chapter 23

87) If a person is anxious or depressed, this means they have a chemical imbalance in their brain.
   a) True
   b) False

88) How can a person monitor side-effects?
   a) daily mood log
   b) symptom calendar
   c) side effects checklist
   d) PDR checklist

89) A placebo typically results in how much improvement in a person's mood?
   a) 10%
   b) 20%
   c) 30%
   d) 40%

90) When a medication is not working, there's simply no reason to keep taking it.
   a) True
   b) False

Questions from chapter 24

91) What class of anti-depressant is Elavil?
   a) tricyclic
   b) SSRI
   c) MAO inhibitor
   d) serotonin antagonist

92) Which is NOT a common side effect of tricyclic antidepressants?
   a) sleepiness
   b) dry mouth
   c) weight-loss
   d) mild hand tremor
93) If muscarinic receptors are blocked, the primary side effect is
   a) sleepiness
   b) hand tremor
   c) weight-loss
   d) dry mouth

94) When brain histamine receptors are blocked, the primary side effect is
   a) hunger and tiredness
   b) dry mouth
   c) increased blood pressure
   d) blurred vision

95) What drug interaction may occur when taking beta blockers with TCAs?
   a) abnormal heart rhythms
   b) drop in blood sugars
   c) beta blockers may cause increased depression
   d) increased risk of seizures

96) Currently, what are the most popular anti-depressants?
   a) MAO inhibitors
   b) SSRI's
   c) tetracyclics
   d) serotonin antagonists

97) SSRI's are more effective than the older drugs.
   a) True
   b) False

98) Which SSRI stays in the body longest?
   a) Paxil
   b) Zoloft
   c) Luvox
   d) Prozac

99) Which SSRI is most likely to cause constipation?
   a) Prozac
   b) Celexa
   c) Paxil
   d) Luvox

100) Which is the most stimulating SSRI?
    a) Zoloft
    b) Prozac
    c) Celexa
    d) Paxil

101) SSRI's have a tendency to cause the blood levels of other anti-depressants to increase.
    a) True
    b) False
102) MAOI’s can be particularly effective with atypical depressions characterized by all of the following symptoms EXCEPT
   a) fatigue and sleeping too much
   b) irritability or hostility
   c) extreme sensitivity to rejection
   d) loss of appetite

103) According to Schatzberg et al. (1997) some patients experience what side effect on MAOI’s?
   a) seeming to be intoxicated
   b) premature ejaculation
   c) anorexia
   d) hypersomnia

104) Hypertensive crises are sometimes called
   a) absence seizures
   b) neuroleptic malignant syndrome
   c) noradrenergic crisis
   d) tardive dyskinesia

105) A hyperpyrexic crises is sometimes called
   a) serotonin syndrome
   b) akathisia
   c) galactorrhea
   d) extrapyramidal syndrome

106) When taking a MAOI, hypertensive crises may occur if one eats a food containing
   a) fenfluramine
   b) disulfiram
   c) tyramine
   d) psyllium

107) Foods which should be avoided completely if taking an MAOI include all EXCEPT
   a) sauerkraut
   b) tap beers
   c) pickled herring
   d) raisins

108) Which of the following is a serotonin antagonist?
   a) desyrel
   b) nardil
   c) aventyl
   d) celexa

109) The release of Bupropion was delayed because of
   a) hypertension
   b) seizure risk
   c) abnormal heart rhythms
   d) serotonin syndrome
110) Which anti-depressant is called a dual uptake inhibitor?
   a) Wellbutrin
   b) Luvox
   c) Parnate
   d) Effexor

111) Which mood stabilizer is a common salt?
   a) tegretol
   b) lamictal
   c) lithium
   d) neurontin

112) Which mood stabilizer is especially useful for treating mixed states?
   a) Neurontin
   b) lithium
   c) valproic acid
   d) Lamictal

113) Japanese investigators found which mood stabilizer was helpful for bipolar patients who didn't respond to lithium?
   a) Depakote
   b) Neurontin
   c) Topamax
   d) Tegretol

114) Gabapentin is not metabolized by the liver.
   a) True
   b) False

115) Westra & Stewart (1998) in a review of CBT versus medications, found all EXCEPT
   a) benzodiazepines tend to be long-lasting
   b) benzodiazepines may give some limited relief
   c) benzodiazepines are very difficult to discontinue
   d) CBT without drugs is a highly effective treatment for anxiety

116) Ritalin, when prescribed with a tricyclic anti-depressant
   a) inhibits the breakdown of the anti-depressant by the kidneys
   b) inhibits the breakdown of the anti-depressant by the liver
   c) can cause cardiac arrhythmia
   d) can cause hypertension

117) Zyprexa and Seroquel are known as
   a) benzodiazepines
   b) atypical anti depressants
   c) mood stabilizers
   d) neuroleptics

118) The irreversible side effect of many antipsychotic medications which involve involuntary movements is
   a) Parkinson's
   b) tardive dyskinesia
   c) Raynaud's Disease
   d) serotonin syndrome
119) The practice of prescribing more than once psychiatric drug at a time to a patient
   a) is unethical
   b) multiplies the benefits
   c) is the "shotgun approach"
   d) is polypharmacy

Questions from chapter 25

120) Barbiturates were introduced in the
   a) 1920's
   b) 1930's
   c) 1940's
   d) 1950's

121) The first true tranquilizer was
   a) Librium
   b) Miltown
   c) Serax
   d) Valium

122) Which one of the benzodiazepines has been reported to have some anti-depressant properties?
   a) Klonopin
   b) Ativan
   c) Xanax
   d) Centrax

123) Drugs which can cause the blood levels or effectiveness of benzodiazepines to decrease include all
   EXCEPT
   a) antacids
   b) beta blockers
   c) asthma medications
   d) birth control pills

Questions from chapter 26

124) Which was NOT one of the three factors which accounted for patients feeling better after a therapy
    session?
    a) empathy,
    b) medication compliance
    c) presence or absence of a personality disorder
    d) the percentage of change in the degree of belief in negative thoughts

125) Good therapist dance back-and-forth constantly between
    a) feelings and cognitions
    b) parent and friend
    c) technique and empathy
    d) coach and teammate
Questions from chapter 27

126) Which is NOT a listening technique to establish rapport with an angry patient.
   a) the disarming technique
   b) thought and feeling empathy
   c) changing the focus
   d) inquiry

127) The two ways mentioned for a therapist to enhance interpersonal skills are
   a) continuing education and scriptwriting
   b) introspection and role playing
   c) self-talk and toastmasters
   d) scriptwriting and role playing

Questions from chapter 28

128) What is mentioned as an incredibly common therapeutic pitfall?
   a) over reliance on techniques
   b) inflexibility with theoretical orientation
   c) patient and therapist not working on a common problem
   d) failure to listen to the patient

Questions from chapter 29

129) All of the following self-help assignments were mentioned EXCEPT
   a) bibliotherapy
   b) guided imagery tapes
   c) taking anti-depressant medications
   d) taking a mood test

130) All of the following self-help forms and methods were listed EXCEPT
   a) activity schedules
   b) the pleasure-predicting sheet
   c) decision-making form
   d) sensate focus checklist