

Introduction & Answers To Quizzes & Exercises

components of
*Video KIT SOS Help For Emotions:
Managing Anxiety, Anger, & Depression*



Quiz Instructions To Read

Read the following instructions to people completing the quizzes and exercises.

To evaluate your understanding of self-help skills and techniques taught by the *Video KIT SOS Help For Emotions*, complete the following quiz and exercises. After answering the questions, compare your answers with the ones which will be provided. Some questions are easy and some are difficult. No one is expected to get them all right.

To achieve positive change in your thoughts, feelings, and behavior, you need to repeatedly practice the exercises and methods taught in SOS. Increasing your skill in tennis takes repeated practice. Likewise, increasing your ability to know and manage your emotions requires repeated practice.

Information For Counselors And Educators

There are four sets of quizzes and exercises which accompany the *Video KIT SOS Help For Emotions*. Download printed copies of Quizzes & Exercises from www.sosprograms.com, under FREE RESOURCES. Look in the section, "Helping Adults & Teens." The name of the file is "*Video KIT SOS Help For Emotions RESOURCES List.*"

These quizzes can provide useful feedback to counselors, educators, and to people taking the quizzes. Consider allowing people to score their own quizzes as this can help reduce their anxiety. The brief quizzes can motivate people to learn the skills and techniques taught in the SOS video.

Answers To Four SOS Quizzes & Exercises:

Answers to Disc One Questions (Video Chapters 1, 2, & 3)

1d 2b 3d 4b 5b 6c 7b 8d 9a 10d 11c 12d 13a 14e 15c

Answers to Disc Two Questions (Video Chapters 4, 5, & 6)

1c 2d 3d 4a 5a 6d 7d 8b 9d 10b 11b 12d 13b 14c 15d

Answers to Disc Three Questions (Video Chapters (7, 8, & 9)

1d 2d 3b 4c 5e 6c 7b 8c 9d 10b 11d 12d 13b 14c 15a

Answers to Disc Three Questions - 2nd SET (Video Chapters 7, 8, & 9 and/or Book Chapters 10 & 11)

1a 2b 3c 4a 5d 6c 7c 8b 9d 10d 11d 12a 13d 14b 15d

Answers to the five questions involving Pam's English Exam (a part of the above quiz):

1b 2a 3b 4c 5c

Note, there are two sets of quizzes for Disc Three. Consider giving both quizzes but at separate times. Quiz answers also are printed at the end of each quiz.

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