

Test name: Emotions 3**Question 1 of 25**

To be Vulnerable the feeling of being exposed and susceptible to physical or emotional attack or harm. It requires the need of special care, support, or protection because of age, disability, or risk of abuse or neglect. Someone who is completely and rawly open, unguarded with their heart, mind, and soul. Being vulnerable happens when you trust completely.

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- A) True
 B) False

Question 2 of 25

Transparent is a condition of being clear and without cover up. Self-evident, undisguised, allowing light to pass through so that objects behind can be distinctly seen. It is easy to perceive or detect.

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- A) True
 B) False

Question 3 of 25

To Cultivate is being prepared for looking beneath the surface. Dig deep, break up, make ready for planting something new and apply oneself to improving or developing.

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- A) True
 B) False

Question 4 of 25

Most people have assumptions that are not verified. It is a thing that is accepted as true or as certain to happen, without proof. A belief that comes from arrogance or presumption.

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- A) True
 B) False

Question 5 of 25

We all tend to embrace discomfort or the slightest pain, awkwardness, nervous confusion, distress, inconvenient nuisance. We love basic, normal and healthy conflict.

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- A) True
 B) False

Question 6 of 25

Pretense is an attempt to make something that is not the case appear true. a false display of feelings, attitudes, or intentions. the practice of inventing imaginary situations in play.

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- A) True
 B) False

Question 7 of 25

Rationalization is an attempt to explain or justify (one's own or another's behavior or attitude) with logical, plausible reasons, even if these are not true or appropriate. To reorganize (a process or system) so as to make it more logical and consistent.

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- A) True
 B) False

Question 8 of 25

Gen 4:16 says then the LORD said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

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- A) True
 B) False

Question 9 of 25

2 Cor 7: 4-10 is a picture of several emotional experiences from the apostle Paul.

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- A) True
 B) False

Question 10 of 25

Rom 8:26,27 talks about a deep grief born from the Holy Spirit.

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- A) True
 B) False

Question 11 of 25

It is possible to be a victim of a crime or offense and not sin while expressing normal emotions in response.

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- A) True
 B) False

Question 12 of 25

Having a victim mentality may lead to sinful behavior and avoiding responsibility for your own behavior.

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- A) True
 B) False

Question 13 of 25

The Holy Spirit will convict you, and The Bible will instruct you as to Gods boundaries. When you cross those boundaries, you pull away from His plans and His best for you.

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- A) True
 B) False

Question 14 of 25

A victim mentality says... "It's not fair" - "I didn't ask for this" - "I didn't deserve this" and while it may be true, dwelling on this is not a productive way to build your future and identity.

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- A) True
 B) False

Question 15 of 25

The "make up" of a person includes mentally, physically, spiritually, and anthropomorphically developing.

- A) True
 B) False

Question 16 of 25

Luke 2:22 says Jesus grew in wisdom and stature , and in favor with God and man.

- A) True
 B) False

Question 17 of 25

Matt 19:12 talks about 3 ways why we are the way we are.

- A) True
 B) False

Question 18 of 25

Emotional IQ includes awareness, management, social emotional awareness, and relational management.

- A) True
 B) False

Question 19 of 25

The class notes provide no "tips to overcome" emotional control. You are on your own pal.

- A) True
 B) False

Question 20 of 25

It's a good idea to try to predict the future and be a student of others behaviors so you can label them and stay away.

- A) True
- B) False

Question 21 of 25

Always take everything as a personal attack and be reactive quickly to others actions.

- A) True
- B) False

Question 22 of 25

A good tip to cope is to surround yourself with emotionally immature people. They can validate what your going through.

- A) True
- B) False

Question 23 of 25

Self-sabotage and self medication with addictions is very healing.

- A) True
- B) False

Question 24 of 25

Accepting your personal failure or mistakes as a part of life and moving on is healthy. Being a "people pleaser" can mean embracing denial about other peoples failures or mistakes.

- A) True
- B) False

Question 25 of 25

Meditating on "who you are in Christ" is a good way to avoid being controlled by your emotions.

- A) True
- B) False