

Assessment

Stress That Motivates ***Revised Edition***

The objectives of this book are:

- To show the powerful link between stress, motivation, and self-talk
- To give you tools for self-protection and self-motivation in stressful situations
- To expose the five biggest traps in self-talk
- To give you a ready-to-use reinforcement system that will help you cut stress, build motivation, and get the right things done

■ CRISP_{series}

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Assessment Questions for *Stress That Motivates, Revised Edition*

Select the best response.

1. Motivation is:
 - A. Enthusiasm
 - B. Happiness
 - C. Having a goal
 - D. Purposeful action toward a goal

2. Some self-talk leads to stress.
 - A. True
 - B. False

3. General signs of burnout are:
 - A. Feeling less energy
 - B. Sleep disturbance
 - C. Experiencing lower productivity
 - D. Being preoccupied with health and body
 - E. All of the above

4. If you tend to put things off until the last minute, you should:
 - A. Face up to why you are procrastinating
 - B. Do a difficult task in regular intervals of 15 minutes a day, if possible
 - C. Accept your procrastination and don't worry about it
 - D. All of the above
 - E. A and B

5. If another person is causing you stress, the best way to reduce the stress is to try to change the other person.
 - A. True
 - B. False

6. Most stress is caused by our belief systems.
 - A. True
 - B. False

7. Motivation:
 - A. Is the same thing as happiness
 - B. Moves you toward your objectives
 - C. Depends on your degree of experience
 - D. None of the above

8. Most people are aware of how much their self-talk impacts the stress they feel.
 - A. True
 - B. False

9. To appeal to the primitive side of your brain (the right side) to motivate you, it is most effective to use:
 - A. Strong verbal statements
 - B. Clear directions
 - C. Pictures of excellence
 - D. None of the above

10. You should take care of your own needs before you worry about taking care of others.
 - A. True
 - B. False

11. Having a sense of purpose in your life is a helpful way to manage stress.
 - A. True
 - B. False

12. Chronic procrastinators often:
 - A. Are low-energy people
 - B. Enjoy last-minute challenges
 - C. Have high stimulation and excitement quota
 - D. B and C above
 - E. All of the above

13. Instead of letting random ideas float around in your head:
 - A. Shape your purposeful action around your self-talk
 - B. Shape your self-talk around the purposes you choose

14. Repeating behavior will reinforce or strengthen that behavior:
 - A. Only if it is useful behavior
 - B. Whether it is useful or harmful behavior

15. Self-talk reinforcements will help reduce stress if practiced at least:
 - A. Two minutes a day for sixty days
 - B. Fifteen minutes a day for sixty days

16. Taking a quick time-out:
 - A. Can be a tool for getting back on track
 - B. Derails you from solving the problem
 - C. Is an ineffective stall tactic

17. With negative self-talk messages, it is easier to:
 - A. Remove them all at once
 - B. Replace them with positive reinforcements

18. Which response is more motivating?
 - A. I can turn this into an opportunity.
 - B. I just want to get through the day.

19. A major cause of stress is change that is ignored.
 - A. True
 - B. False

20. Working on a specific task for 15 minutes a day has these advantages:
 - A. Your subconscious is constantly working on the task.
 - B. You may feel like continuing working after the fifteen minutes is up.
 - C. You overcome the problem of getting started.
 - D. All of the above

21. Picturing in your mind a desired state of being is a good technique because it:
- A. Uses the part of your brain that employs logic and facts
 - B. Helps you to analyze a situation
 - C. Removes stress
 - D. Involves the creative properties of the right brain
22. If language is an indicator of stress, which of the following statements predicts stress?
- A. My situation is different.
 - B. It's not that easy.
 - C. You don't know the people I work with.
 - D. I don't have time.
 - E. All of the above
23. If you feel guilty reading or believing your daily reinforcements:
- A. Read them anyway
 - B. Put them away until you are ready
24. Using word pictures is an effective technique for a group to focus on a goal.
- A. True
 - B. False
25. To get the most from a commitment to trying to reduce your stress level, you should practice stress reduction techniques for at least:
- A. Two weeks
 - B. Thirty days
 - C. Sixty days
 - D. Ninety days
 - E. Six months

Answer Key for Stress That Motivates, Revised Edition

Recommended response (Corresponding workbook page)

1. D (6)	6. A (9)	11. A (28)	16. A (21)	21. D (69)
2. A (13)	7. B (10)	12. D (63)	17. B (81)	22. E (26)
3. E (23-24)	8. B (13)	13. B (40)	18. A (81)	23. A (102)
4. B (60)	9. C (69)	14. B (43)	19. A (8)	24. A (70)
5. B (47)	10. A (27)	15. A (101)	20. D (60-61)	25. C (103)