Chapter 11: Skills for Fostering Awareness

1. Two-chair work
   1. Requires clients to juxtapose their “good” side and their “bad” side
   2. **Requires clients to juxtapose two sides of themselves**
   3. Is not useful when clients have conflicting feelings
   4. Is not useful when clients are having trouble speaking about their feelings
2. Challenges can generally do all of the following except
   1. Initiate a dialogue between the different voices and foster integration
   2. Demonstrate to clients their resistance
   3. **Lead to increased friendliness from clients toward their helpers**
   4. Encourage clients to accept themselves
3. A helper changing a client’s language from “shouldn’t” to “I choose not to” is
   1. Unnecessarily exerting power
   2. Rude
   3. **Helpful for clients to own responsibility**
   4. Only necessary if the helper is a grammarian
4. Challenges are implemented best when
   1. The client is feeling prone to attack
   2. **Given carefully, gently, and respectfully**
   3. Sandwiched between two other challenges
   4. All of the above
5. Awareness is
   1. The ability to point out maladaptive thoughts, feelings, or behaviors
   2. **Cognizance, mindfulness, or attentiveness about behaving, thinking, or feeling in a certain way**
   3. Understanding why we behave, think, or feel in a certain way
   4. Not typically a precondition for insight
6. Observing client reactions
   1. **May involve needing to ask clients for their reactions**
   2. Is often straightforward because clients always show how they feel
   3. Is not as crucial as hearing how client’s respond in the next statement
   4. May require forceful probing
7. Challenging involves a consideration of
   1. Timing
   2. Culture
   3. Client reactions
   4. **All of the above**
8. Silence
   1. Is not fair to clients
   2. **Can help clients rely on their inner resources**
   3. Is never a good idea in a helping context
   4. Is always a good idea in a helping context
9. “You say you are excited about your graduation, but you also say you are stressed about it,” is an example of a
   1. Restatement
   2. Reflection of feelings
   3. Disclosure of similarities
   4. **Challenge**
10. A primary marker of readiness for awareness is
    1. **Ambivalence**
    2. Love
    3. Determination
    4. Grit
11. Transference and projections are
    1. Important when it comes to immediacy, but not important for challenges
    2. Not important when it comes to immediacy or challenges
    3. **Important to consider when challenging because of people’s past experiences with people in power**
    4. Not important when challenging because people’s past experiences do not influence their current functioning
12. The principle of dominance applies to challenges in that
    1. **The person in power (i.e., the helper) is often unaware of their privilege**
    2. The person in power (i.e., the client) is often unaware of their privilege
    3. The person in power (i.e., the helper) is often aware of their privilege
    4. The person in power (i.e., the client) is often aware of their privilege
13. Challenges are most effective if
    1. You only have a little bit of data
    2. Used frequently
    3. You do not allow the client to respond
    4. **Used in close proximity to the client’s behavior**
14. Focusing on nonverbal behaviors
    1. Is being a stickler
    2. Is overanalyzing
    3. **Can be a useful tool for challenging**
    4. Cannot really tell us about how a client is feeling
15. Juxtaposing two contradictory feelings is considered
    1. A reflection of feelings
    2. A challenge of distorted thoughts
    3. Chair work
    4. **A challenge of discrepancies**
16. A primary goal for challenging clients is to
    1. Make them upset with us so that we can explore their negative emotions
    2. Do the work for them so that they can be passive receivers of our expertise
    3. **Raise awareness so that they can be more intentional in their lives**
    4. Avoid discussing their defenses
17. A typical difficulty a helper might face in using challenges is
    1. **Not challenging enough**
    2. Being too empathic
    3. Being too nonjudgmental
    4. Not exploring action first
18. Challenging through humor can help clients
    1. Create action plans
    2. **See things in a different light**
    3. By first making fun of them
    4. Effectively do two-chair work
19. When a helper delivers a challenge, it is best for clients to feel
    1. Attacked
    2. **Supported**
    3. Judged
    4. Loved
20. A challenge of discrepancies can include a juxtaposition of all of the following except
    1. The client’s ideal and real self
    2. The helper’s and the client’s opinions
    3. **Two verbal statements of the helper**
    4. The client’s values and behaviors