

## Chapter 16: Steps for Working With Four Action Tasks

1. Working with clients to help them articulate their options and explore their values is called
  - a. Relaxation
  - b. Mindfulness
  - c. Decision making**
  - d. Behavior change
2. Attending nonjudgmentally to one's experience in the moment is called
  - a. Relaxation
  - b. Mindfulness**
  - c. Dialectic behavior therapy
  - d. Cognitive behavioral therapy
3. Reinforcement should be
  - a. Administered by others in the client's life as opposed to the client
  - b. Applied as soon as possible after the desired behavior is completed**
  - c. Applied only after the desired behavior has been completed five times
  - d. Administered by the therapist as opposed to the client
4. When clarifying the specific problem during behavior change, it can be helpful to ask about
  - a. Antecedents of the event
  - b. Behaviors of the event
  - c. Consequences of the event
  - d. All of the above**
5. An ideal intervention for problems that are intrapersonal and under the client's control is
  - a. Behavior rehearsal
  - b. Mindfulness
  - c. Decision making
  - d. Behavior change**
6. Teaching clients how to stand up for their rights without infringing on the rights of others is called
  - a. Teaching aggression
  - b. Assertiveness training**
  - c. Encouraging reluctance
  - d. None of the above
7. Steps for relaxation include all of the following except
  - a. Describing specific situations of stress
  - b. Encouraging the client to imagine implementing relaxation in situations outside helping
  - c. Assigning relaxation practice to the client's partner**
  - d. Follow-up
8. When implementing action, it is best to
  - a. Encourage clients to make quick changes
  - b. Look for ways to increase behavior as opposed to decreasing behavior**
  - c. Focus on changing the outcome rather than target behaviors
  - d. Help the client take large steps toward change

9. One of the best methods for teaching clients skills for responding in more adaptive ways in interpersonal situations is
- Behavior change
  - Behavioral rehearsal**
  - Relaxation
  - Decision making
10. Action work is typically
- Creative**
  - Rigid
  - Straightforward
  - Stress-inducing
11. All of the following are action tasks except
- Relaxation
  - Mindfulness
  - Challenging distortions**
  - Decision making
12. Steps for behavior change involve all of the following except
- Exploring the idea of action
  - The client generating options on their own**
  - Clarifying problem and goals
  - Determining reinforcers
13. Hill recommends
- Teaching relaxation before implementing other behavioral interventions**
  - Teaching relaxation after implementing other behavioral interventions
  - Assigning relaxation for homework but not teaching it in session
  - None of the above
14. During behavioral rehearsal
- The helper might role play the client
  - The helper might role play the other person
  - The client might role play the helper
  - Both A and B**
15. All of the following are steps for decision making except
- Values clarification
  - Making a decision by the end of the session**
  - Rating the options
  - Follow-up
16. An effective component of relaxation is
- Repetition
  - Passive return to repetition
  - Watching Netflix
  - Both A and B**
17. A client who drinks too much alcohol might particularly benefit from
- Behavior change**
  - Behavior rehearsal
  - Disclosures
  - Probes for insight

18. Savoring every bite of food and tasting each flavor is a type of
- a. **Mindfulness**
  - b. Capitalization
  - c. Shaping
  - d. Modeling
19. “What happened when you asked for a raise?” is an example of a question that might be asked during which step of behavior change?
- a. Explore the idea of action
  - b. Clarify goals
  - c. Generate options together
  - d. **Check on progress and modify assignments**
20. Asking a client how change would make them feel
- a. Should be reserved for the exploration stage
  - b. **Is an important question during the action stage**
  - c. Is not as important as asking the client what changes they would like to make
  - d. Should generally be avoided