

## Chapter 8: Skills for Exploring Feelings

1. “Tell me more about your feelings” is an example of a(n)
  - a. Open question for thoughts
  - b. Reflection of feelings
  - c. **Probe for feelings**
  - d. Disclosure of feelings
2. Ideally, reflections of feelings can be used to help clients
  - a. **Become aware of their feelings**
  - b. Avoid their feelings
  - c. Challenge their feelings
  - d. Create action plans
3. Disclosures of feeling can be
  - a. Real
  - b. Hypothetical
  - c. **Both A and B**
  - d. Neither A nor B
4. The goal of a reflection of feelings is to help clients
  - a. Become overwhelmed by their feelings
  - b. **Identify, clarify, and experience their feelings**
  - c. Understand the reason behind their feelings
  - d. Challenge their feelings
5. “You feel angry because your mother is mistreating you” is an example of a(n)
  - a. Open question for thoughts
  - b. Open question for feelings
  - c. **Reflection of feelings**
  - d. Restatement
6. Exploring feelings
  - a. Has the same rationale as exploring thoughts
  - b. Is not as important as exploring thoughts
  - c. **Generally allows clients to diminish negative emotional experiences**
  - d. Is recommended for clients who are extremely dysregulated
7. Feelings
  - a. **Often exist in layers**
  - b. Are rarely conflicting
  - c. Are usually simple and straightforward
  - d. Are not universal
8. A reflection of feelings is a
  - a. **Statement that explicitly labels the client’s feelings**
  - b. Statement that contains the word “feel”
  - c. Restatement of the client’s nonaffective content
  - d. All of the above
9. “When I have been in that situation, I felt stressed” is an example of a(n)
  - a. Reflection of feelings
  - b. Open question for feelings
  - c. **Disclosure of feelings**

- d. Disclosure of similarities
- 10. Reflections of feeling should
  - a. Focus on two salient feelings at a time
  - b. Lessen the intensity of the client's feeling
  - c. Increase the intensity of the client's feeling
  - d. **Match the intensity of the client's feeling**
- 11. The following are difficulties helpers have in reflecting feelings except
  - a. Feeling guilty about making clients feel emotions intensely
  - b. Being afraid clients might get stuck in the feelings
  - c. Being unsure how to respond to clients when they get into their feelings
  - d. **Feeling too confident that they have pinpointed the correct feeling**
- 12. Reflections of feeling should
  - a. Focus on what the client felt in the past
  - b. Focus on what the client will feel in the future
  - c. **Focus on what the client is feeling in the present**
  - d. Focus on what the client's significant other is feeling in the present
- 13. Sources of reflections of feelings include
  - a. The client's verbal content and nonverbal behavior
  - b. The client's overt expression of feelings
  - c. The helper's projection of their own feelings onto clients
  - d. **All of the above**
- 14. When a helper reflects feelings, the feelings should be
  - a. Exactly accurate
  - b. **In the ballpark**
  - c. Only matching in valence
  - d. Stated only when clients state them explicitly
- 15. Reflections of feeling should be used during all of the following except when
  - a. **The therapeutic relationship is not strong**
  - b. The therapeutic relationship is strong
  - c. Clients are avoiding feelings
  - d. Clients are speaking openly about feelings
- 16. Disclosures of feeling should be
  - a. For the helper's sake
  - b. Focused on feelings that make the helper feel vulnerable
  - c. **Kept short**
  - d. Made up in order to help the client
- 17. When it comes to expressing emotions
  - a. Women often have a harder time
  - b. **Men often have a harder time**
  - c. Non-binary people often have a harder time
  - d. People of all gender identities have an equally difficult time expressing emotions
- 18. The most reliably efficient skill for getting a client to express feelings is
  - a. Restatement
  - b. Reflection of feelings
  - c. **Open questions and probes for feelings**
  - d. Summary

19. Ideally, reflections of feeling should do all of the following except
- a. Help clients enter their internal world
  - b. Model the expression of feelings
  - c. Help clients understand their thought processes**
  - d. Enable clients to rethink and reexamine what they really feel
20. “Perhaps you are feeling discouraged” is an example of a
- a. Reflection of feelings**
  - b. Disclosure of feelings
  - c. Probe for feelings
  - d. Summary