

## Chapter 11: Skills for Fostering Awareness

1. Two-chair work
  - a. Requires clients to juxtapose their “good” side and their “bad” side
  - b. Requires clients to juxtapose two sides of themselves
  - c. Is not useful when clients have conflicting feelings
  - d. Is not useful when clients are having trouble speaking about their feelings
2. Challenges can generally do all of the following except
  - a. Initiate a dialogue between the different voices and foster integration
  - b. Demonstrate to clients their resistance
  - c. Lead to increased friendliness from clients toward their helpers
  - d. Encourage clients to accept themselves
3. A helper changing a client’s language from “shouldn’t” to “I choose not to” is
  - a. Unnecessarily exerting power
  - b. Rude
  - c. Helpful for clients to own responsibility
  - d. Only necessary if the helper is a grammarian
4. Challenges are implemented best when
  - a. The client is feeling prone to attack
  - b. Given carefully, gently, and respectfully
  - c. Sandwiched between two other challenges
  - d. All of the above
5. Awareness is
  - a. The ability to point out maladaptive thoughts, feelings, or behaviors
  - b. Cognizance, mindfulness, or attentiveness about behaving, thinking, or feeling in a certain way
  - c. Understanding why we behave, think, or feel in a certain way
  - d. Not typically a precondition for insight
6. Observing client reactions
  - a. May involve needing to ask clients for their reactions
  - b. Is often straightforward because clients always show how they feel
  - c. Is not as crucial as hearing how client’s respond in the next statement
  - d. May require forceful probing
7. Challenging involves a consideration of
  - a. Timing
  - b. Culture
  - c. Client reactions
  - d. All of the above
8. Silence
  - a. Is not fair to clients
  - b. Can help clients rely on their inner resources
  - c. Is never a good idea in a helping context
  - d. 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
  - a. Restatement

- b. Reflection of feelings
  - c. Disclosure of similarities
  - d. Challenge
10. A primary marker of readiness for awareness is
- a. Ambivalence
  - b. Love
  - c. Determination
  - d. Grit
11. Transference and projections are
- a. Important when it comes to immediacy, but not important for challenges
  - b. Not important when it comes to immediacy or challenges
  - c. Important to consider when challenging because of people's past experiences with people in power
  - d. 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
- a. The person in power (i.e., the helper) is often unaware of their privilege
  - b. The person in power (i.e., the client) is often unaware of their privilege
  - c. The person in power (i.e., the helper) is often aware of their privilege
  - d. The person in power (i.e., the client) is often aware of their privilege
13. Challenges are most effective if
- a. You only have a little bit of data
  - b. Used frequently
  - c. You do not allow the client to respond
  - d. Used in close proximity to the client's behavior
14. Focusing on nonverbal behaviors
- a. Is being a stickler
  - b. Is overanalyzing
  - c. Can be a useful tool for challenging
  - d. Cannot really tell us about how a client is feeling
15. Juxtaposing two contradictory feelings is considered
- a. A reflection of feelings
  - b. A challenge of distorted thoughts
  - c. Chair work
  - d. A challenge of discrepancies
16. A primary goal for challenging clients is to
- a. Make them upset with us so that we can explore their negative emotions
  - b. Do the work for them so that they can be passive receivers of our expertise
  - c. Raise awareness so that they can be more intentional in their lives
  - d. Avoid discussing their defenses
17. A typical difficulty a helper might face in using challenges is
- a. Not challenging enough
  - b. Being too empathic
  - c. Being too nonjudgmental
  - d. Not exploring action first
18. Challenging through humor can help clients

- a. Create action plans
  - b. See things in a different light
  - c. By first making fun of them
  - d. Effectively do two-chair work
19. When a helper delivers a challenge, it is best for clients to feel
- a. Attacked
  - b. Supported
  - c. Judged
  - d. Loved
20. A challenge of discrepancies can include a juxtaposition of all of the following except
- a. The client's ideal and real self
  - b. The helper's and the client's opinions
  - c. Two verbal statements of the helper
  - d. The client's values and behaviors