

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

18. Savoring every bite of food and tasting each flavor is a type of
- Mindfulness
 - Capitalization
 - Shaping
 - 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?
- Explore the idea of action
 - Clarify goals
 - Generate options together
 - Check on progress and modify assignments
20. Asking a client how change would make them feel
- Should be reserved for the exploration stage
 - Is an important question during the action stage
 - Is not as important as asking the client what changes they would like to make
 - Should generally be avoided