Chapter 3: Self-Awareness

1. Self-awareness is important because
   1. You cannot help another person until you completely understand yourself
   2. Who the helper is influences the process of helping
   3. You have to be aware of your unconscious feelings in order to self-disclose
   4. All of the above
2. Wanting to work for social change and make a difference in people’s lives are
   1. Other-oriented motivations for wanting to help
   2. Reasons people do not go into the mental health field
   3. Too idealistic to pursue
   4. Self-orientated motivations for wanting to help
3. Reviewing recorded sessions
   1. Takes too much time to actually engage in
   2. Can be a helpful way to consider your intentions and analyze client reactions
   3. Is helpful in a helping skills class but not in a real helping situation
   4. Can be done with a friend
4. Self-reflection could include
   1. Yoga and meditation
   2. Mindfulness and relaxation
   3. Taking the Implicit Attitudes Test
   4. All of the above
5. The following characteristics make it difficult to attain and maintain self-awareness
   1. Perfectionism
   2. Defensiveness
   3. Both A and B
   4. None of the above
6. According to Williams et al. (2018), self-awareness is
   1. A stable characteristic
   2. A state of heightened self-focus
   3. Being in tune with your feelings
   4. Both A and B
7. During sessions, it can be helpful to
   1. Remain silent until you understand what the client is trying to say
   2. Be repeatedly self-critical so that you can continually improve
   3. Give yourself a moment to think before immediately responding
   4. Zone out to help you refocus
8. Self-awareness
   1. Is only facilitative
   2. Is only hindering
   3. Can be both facilitative and hindering
   4. Is neither facilitative nor hindering
9. An unhealthy, self-oriented motivation for wanting to help is
   1. It gives a sense of purpose or meaning in life
   2. It is intellectually challenging
   3. It can lead to personal growth
   4. It can lead to a sense of power and authority
10. Supervision
    1. Is only beneficial for beginning helpers
    2. Can be beneficial for helpers at any stage in their professional development
    3. Is a sufficient replacement for therapy
    4. Can be accomplished with a trusted friend
11. Getting an adequate amount of sleep, eating a healthy diet, and exercising are
    1. Important ways of taking care of yourself as a helper
    2. Idealistic but not achievable goals of a helper
    3. Important to stress to your clients but not as important for you as the helper
    4. More critical in your early years of training than your later years as a professional
12. Hot buttons are
    1. Intense client reactions of which helpers should be aware
    2. Constructive criticism for helpers from their instructors
    3. Code words for the deepest, darkest secrets of our unconscious
    4. Biases that can be triggered in the helping setting
13. If helpers and clients are similar
    1. Helpers should treat the client like a friend
    2. Helpers might assume the client is exactly like them
    3. They are more likely to have stronger therapeutic relationships
    4. They are more likely to have weaker therapeutic relationships
14. Strategies to increase self-knowledge and self-insight include
    1. Psychotherapy
    2. Self-reflection
    3. Focusing exclusively on thoughts or emotions
    4. Both A and B
15. Your client is visibly angry and is yelling at you. It could be helpful to
    1. Take a deep breath
    2. Pause and refocus
    3. Try to figure out why they are yelling
    4. All of the above
16. Psychotherapy can be beneficial
    1. Only for people in severe crises
    2. Only for people with a diagnosis
    3. For helpers who want to resolve personal problems
    4. For helpers who want to be supervised by their therapists
17. Using your inner experience as a tool
    1. Is frowned upon by most expert therapists
    2. Is only effective for licensed therapists
    3. Can provide clues as to how other people react to clients
    4. Is nearly impossible when you are trying to focus on the client
18. Maintaining boundaries
    1. Involves setting ground rules and limits of the helping relationship
    2. Is only important when working with anxiously attached clients
    3. Is not an effective aspect of helping
    4. Should be considered only after establishing a strong therapeutic relationship
19. Mindfulness involves
    1. Multitasking efficiently
    2. Fixating on one thought
    3. Judging your thoughts as they come in to your mind
    4. Focusing attention by nonjudgmentally observing perceptions and sensations
20. Checking in with yourself during a session
    1. Should be avoided at all costs
    2. Can be a helpful tool and valuable source of information
    3. Cannot be done in a discreet way so as not to distract the client
    4. Is helpful, but only if you are a skilled meditator