

Chapter 3: Self-Awareness

1. Self-awareness is important because
 - a. You cannot help another person until you completely understand yourself
 - b. Who the helper is influences the process of helping
 - c. You have to be aware of your unconscious feelings in order to self-disclose
 - d. All of the above
2. Wanting to work for social change and make a difference in people's lives are
 - a. Other-oriented motivations for wanting to help
 - b. Reasons people do not go into the mental health field
 - c. Too idealistic to pursue
 - d. Self-orientated motivations for wanting to help
3. Reviewing recorded sessions
 - a. Takes too much time to actually engage in
 - b. Can be a helpful way to consider your intentions and analyze client reactions
 - c. Is helpful in a helping skills class but not in a real helping situation
 - d. Can be done with a friend
4. Self-reflection could include
 - a. Yoga and meditation
 - b. Mindfulness and relaxation
 - c. Taking the Implicit Attitudes Test
 - d. All of the above
5. The following characteristics make it difficult to attain and maintain self-awareness
 - a. Perfectionism
 - b. Defensiveness
 - c. Both A and B
 - d. None of the above
6. According to Williams et al. (2018), self-awareness is
 - a. A stable characteristic
 - b. A state of heightened self-focus
 - c. Being in tune with your feelings
 - d. Both A and B
7. During sessions, it can be helpful to
 - a. Remain silent until you understand what the client is trying to say
 - b. Be repeatedly self-critical so that you can continually improve
 - c. Give yourself a moment to think before immediately responding
 - d. Zone out to help you refocus
8. Self-awareness
 - a. Is only facilitative
 - b. Is only hindering
 - c. Can be both facilitative and hindering
 - d. Is neither facilitative nor hindering
9. An unhealthy, self-oriented motivation for wanting to help is
 - a. It gives a sense of purpose or meaning in life
 - b. It is intellectually challenging
 - c. It can lead to personal growth

- d. It can lead to a sense of power and authority
- 10. Supervision
 - a. Is only beneficial for beginning helpers
 - b. Can be beneficial for helpers at any stage in their professional development
 - c. Is a sufficient replacement for therapy
 - d. Can be accomplished with a trusted friend
- 11. Getting an adequate amount of sleep, eating a healthy diet, and exercising are
 - a. Important ways of taking care of yourself as a helper
 - b. Idealistic but not achievable goals of a helper
 - c. Important to stress to your clients but not as important for you as the helper
 - d. More critical in your early years of training than your later years as a professional
- 12. Hot buttons are
 - a. Intense client reactions of which helpers should be aware
 - b. Constructive criticism for helpers from their instructors
 - c. Code words for the deepest, darkest secrets of our unconscious
 - d. Biases that can be triggered in the helping setting
- 13. If helpers and clients are similar
 - a. Helpers should treat the client like a friend
 - b. Helpers might assume the client is exactly like them
 - c. They are more likely to have stronger therapeutic relationships
 - d. They are more likely to have weaker therapeutic relationships
- 14. Strategies to increase self-knowledge and self-insight include
 - a. Psychotherapy
 - b. Self-reflection
 - c. Focusing exclusively on thoughts or emotions
 - d. Both A and B
- 15. Your client is visibly angry and is yelling at you. It could be helpful to
 - a. Take a deep breath
 - b. Pause and refocus
 - c. Try to figure out why they are yelling
 - d. All of the above
- 16. Psychotherapy can be beneficial
 - a. Only for people in severe crises
 - b. Only for people with a diagnosis
 - c. For helpers who want to resolve personal problems
 - d. For helpers who want to be supervised by their therapists
- 17. Using your inner experience as a tool
 - a. Is frowned upon by most expert therapists
 - b. Is only effective for licensed therapists
 - c. Can provide clues as to how other people react to clients
 - d. Is nearly impossible when you are trying to focus on the client
- 18. Maintaining boundaries
 - a. Involves setting ground rules and limits of the helping relationship
 - b. Is only important when working with anxiously attached clients
 - c. Is not an effective aspect of helping
 - d. Should be considered only after establishing a strong therapeutic relationship

19. Mindfulness involves

- a. Multitasking efficiently
- b. Fixating on one thought
- c. Judging your thoughts as they come in to your mind
- d. Focusing attention by nonjudgmentally observing perceptions and sensations

20. Checking in with yourself during a session

- a. Should be avoided at all costs
- b. Can be a helpful tool and valuable source of information
- c. Cannot be done in a discreet way so as not to distract the client
- d. Is helpful, but only if you are a skilled meditator