Chapter 8: Skills for Exploring Feelings

1. “Tell me more about your feelings” is an example of a(n)
   1. Open question for thoughts
   2. Reflection of feelings
   3. Probe for feelings
   4. Disclosure of feelings
2. Ideally, reflections of feelings can be used to help clients
   1. Become aware of their feelings
   2. Avoid their feelings
   3. Challenge their feelings
   4. Create action plans
3. Disclosures of feeling can be
   1. Real
   2. Hypothetical
   3. Both A and B
   4. Neither A nor B
4. The goal of a reflection of feelings is to help clients
   1. Become overwhelmed by their feelings
   2. Identify, clarify, and experience their feelings
   3. Understand the reason behind their feelings
   4. Challenge their feelings
5. “You feel angry because your mother is mistreating you” is an example of a(n)
   1. Open question for thoughts
   2. Open question for feelings
   3. Reflection of feelings
   4. Restatement
6. Exploring feelings
   1. Has the same rationale as exploring thoughts
   2. Is not as important as exploring thoughts
   3. Generally allows clients to diminish negative emotional experiences
   4. Is recommended for clients who are extremely dysregulated
7. Feelings
   1. Often exist in layers
   2. Are rarely conflicting
   3. Are usually simple and straightforward
   4. Are not universal
8. A reflection of feelings is a
   1. Statement that explicitly labels the client’s feelings
   2. Statement that contains the word “feel”
   3. Restatement of the client’s nonaffective content
   4. All of the above
9. “When I have been in that situation, I felt stressed” is an example of a(n)
   1. Reflection of feelings
   2. Open question for feelings
   3. Disclosure of feelings
   4. Disclosure of similarities
10. Reflections of feeling should
    1. Focus on two salient feelings at a time
    2. Lessen the intensity of the client’s feeling
    3. Increase the intensity of the client’s feeling
    4. Match the intensity of the client’s feeling
11. The following are difficulties helpers have in reflecting feelings except
    1. Feeling guilty about making clients feel emotions intensely
    2. Being afraid clients might get stuck in the feelings
    3. Being unsure how to respond to clients when they get into their feelings
    4. Feeling too confident that they have pinpointed the correct feeling
12. Reflections of feeling should
    1. Focus on what the client felt in the past
    2. Focus on what the client will feel in the future
    3. Focus on what the client is feeling in the present
    4. Focus on what the client’s significant other is feeling in the present
13. Sources of reflections of feelings include
    1. The client’s verbal content and nonverbal behavior
    2. The client’s overt expression of feelings
    3. The helper’s projection of their own feelings onto clients
    4. All of the above
14. When a helper reflects feelings, the feelings should be
    1. Exactly accurate
    2. In the ballpark
    3. Only matching in valence
    4. Stated only when clients state them explicitly
15. Reflections of feeling should be used during all of the following except when
    1. The therapeutic relationship is not strong
    2. The therapeutic relationship is strong
    3. Clients are avoiding feelings
    4. Clients are speaking openly about feelings
16. Disclosures of feeling should be
    1. For the helper’s sake
    2. Focused on feelings that make the helper feel vulnerable
    3. Kept short
    4. Made up in order to help the client
17. When it comes to expressing emotions
    1. Women often have a harder time
    2. Men often have a harder time
    3. Non-binary people often have a harder time
    4. 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
    1. Restatement
    2. Reflection of feelings
    3. Open questions and probes for feelings
    4. Summary
19. Ideally, reflections of feeling should do all of the following except
    1. Help clients enter their internal world
    2. Model the expression of feelings
    3. Help clients understand their thought processes
    4. Enable clients to rethink and reexamine what they really feel
20. “Perhaps you are feeling discouraged” is an example of a
    1. Reflection of feelings
    2. Disclosure of feelings
    3. Probe for feelings
    4. Summary