

Chapter 8: Skills for Exploring Feelings

1. “Tell me more about your feelings” is an example of a(n)
 - a. Open question for thoughts
 - b. Reflection of feelings
 - c. Probe for feelings
 - d. Disclosure of feelings
2. Ideally, reflections of feelings can be used to help clients
 - a. Become aware of their feelings
 - b. Avoid their feelings
 - c. Challenge their feelings
 - d. Create action plans
3. Disclosures of feeling can be
 - a. Real
 - b. Hypothetical
 - c. Both A and B
 - d. Neither A nor B
4. The goal of a reflection of feelings is to help clients
 - a. Become overwhelmed by their feelings
 - b. Identify, clarify, and experience their feelings
 - c. Understand the reason behind their feelings
 - d. Challenge their feelings
5. “You feel angry because your mother is mistreating you” is an example of a(n)
 - a. Open question for thoughts
 - b. Open question for feelings
 - c. Reflection of feelings
 - d. Restatement
6. Exploring feelings
 - a. Has the same rationale as exploring thoughts
 - b. Is not as important as exploring thoughts
 - c. Generally allows clients to diminish negative emotional experiences
 - d. Is recommended for clients who are extremely dysregulated
7. Feelings
 - a. Often exist in layers
 - b. Are rarely conflicting
 - c. Are usually simple and straightforward
 - d. Are not universal
8. A reflection of feelings is a
 - a. Statement that explicitly labels the client’s feelings
 - b. Statement that contains the word “feel”
 - c. Restatement of the client’s nonaffective content
 - d. All of the above
9. “When I have been in that situation, I felt stressed” is an example of a(n)
 - a. Reflection of feelings
 - b. Open question for feelings
 - c. Disclosure of feelings

- d. Disclosure of similarities
- 10. Reflections of feeling should
 - a. Focus on two salient feelings at a time
 - b. Lessen the intensity of the client's feeling
 - c. Increase the intensity of the client's feeling
 - d. Match the intensity of the client's feeling
- 11. The following are difficulties helpers have in reflecting feelings except
 - a. Feeling guilty about making clients feel emotions intensely
 - b. Being afraid clients might get stuck in the feelings
 - c. Being unsure how to respond to clients when they get into their feelings
 - d. Feeling too confident that they have pinpointed the correct feeling
- 12. Reflections of feeling should
 - a. Focus on what the client felt in the past
 - b. Focus on what the client will feel in the future
 - c. Focus on what the client is feeling in the present
 - d. Focus on what the client's significant other is feeling in the present
- 13. Sources of reflections of feelings include
 - a. The client's verbal content and nonverbal behavior
 - b. The client's overt expression of feelings
 - c. The helper's projection of their own feelings onto clients
 - d. All of the above
- 14. When a helper reflects feelings, the feelings should be
 - a. Exactly accurate
 - b. In the ballpark
 - c. Only matching in valence
 - d. Stated only when clients state them explicitly
- 15. Reflections of feeling should be used during all of the following except when
 - a. The therapeutic relationship is not strong
 - b. The therapeutic relationship is strong
 - c. Clients are avoiding feelings
 - d. Clients are speaking openly about feelings
- 16. Disclosures of feeling should be
 - a. For the helper's sake
 - b. Focused on feelings that make the helper feel vulnerable
 - c. Kept short
 - d. Made up in order to help the client
- 17. When it comes to expressing emotions
 - a. Women often have a harder time
 - b. Men often have a harder time
 - c. Non-binary people often have a harder time
 - d. 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
 - a. Restatement
 - b. Reflection of feelings
 - c. Open questions and probes for feelings
 - d. Summary

19. Ideally, reflections of feeling should do all of the following except
- a. Help clients enter their internal world
 - b. Model the expression of feelings
 - c. Help clients understand their thought processes
 - d. Enable clients to rethink and reexamine what they really feel
20. "Perhaps you are feeling discouraged" is an example of a
- a. Reflection of feelings
 - b. Disclosure of feelings
 - c. Probe for feelings
 - d. Summary