

NAMA: National Anger Management Association

Anger Management Basic Content Quiz

1. Which is not considered a characteristic of an individual with anger problems:
 - a. Low frustration tolerance
 - b. Judgmental attitudes
 - c. Perfectionism
 - d. Curiosity
2. What are the 3 main styles of dealing with anger:

3. According to research which of the following is not an effective calming technique.
 - a. Diaphragmatic breathing
 - b. Activation of the Sympathetic Nervous System (SNS)
 - c. Meditation that focuses on one object: (e.g. breath, sounds, sensations, etc.)
 - d. Taking a 'time out'
 - e. All of the above
4. The Primitive Brain is:
 - a. Rational
 - b. Reasonable
 - c. Logical
 - d. Punishing
5. Which of the following statements is false:
 - a. Restructuring statements for dysfunctional thinking may be useful
 - b. Shadow material is any disowned part of the self
 - c. Self compassion may be helpful in decreasing a clients' judgmental or critical attitude.
 - d. If an individuals behavior is premeditated medication may not be useful
 - e. None of the above
6. Shame is often associated with:
 - a. Perfectionism
 - b. Narcissism
 - c. Addictive behaviors
 - d. Tendency to humiliate others
 - e. All of the above

7. Which of the following is not dysfunctional thinking associated with anger problems:

- a. All or Nothing thinking
- b. Jumping to conclusions
- c. Personalization
- d. Emotional Intelligence

8. What is the best prediction of a person's success in an anger management program?

9. The Evolved Brain 'Big Question' is:

10. Stress and Anxiety are generally considered to be connected to anger problems. Why?

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You will be contact by email regarding the Supervision component (if applicable)