

Hack 5 – Taming Your Anger Quiz

Note: Some questions may have more than one correct answer

1. How do you respond if someone says, “It’s not my fault I got into a temper, someone made me”?
 - a) Tell them they are right and give them a hammer to smash a window.
 - b) Tell them to read Hack 8 in the "Mastering your mind" book.
 - c) Tell them that it's no excuse because everyone is responsible for their anger.
 - d) Sing an annoying tune and get them into an even bigger temper.
2. Anger is generally not appropriate except in rare situations. Name one of them.
 - a) Someone is cheating in a game.
 - b) It’s been raining five days in a row.
 - c) You feel in danger or at risk in any way.
 - d) You fell out with your best friend.
3. What does assertive communication mean?
 - a) It means nothing, it’s just fancy words psychologists like to show off with.
 - b) It means using clever language to get what you want.
 - c) It means backing down, saying nothing but being angry inside.
 - d) It means expressing one's feelings and personal needs in a direct but respectful manner.
4. What does HALTS stand for?
 - a) These are anger triggers - Hungry, Angry, Tired, Stupid
 - b) These are anger triggers - Hungry, Angry, Tired, Stressed
 - c) These are anger triggers - Hyperactive, Angry, Tired, Stupid
 - d) These are anger triggers - Hungry, Abandoned, Tired, Stressed

- 5. I'm feeling angry, what should I do?**
- a) Open the "Mastering your mind" book to Hack 5.
 - b) Notice the anger in your body before it gets too big.
 - c) Admit that you are angry.
 - d) Ignore it and continue.
- 6. The terrible scale is genius because:-**
- a) You can become a millionaire from it.
 - b) It's a simple, yet an amazingly effective anger-taming tool.
 - c) I said so.
 - d) It can be used to overcome stress and sleep problems too.
- 7. Complete the following sentence. It's not good to put negative labels on people because: -**
- a) Labels are for jars of food only.
 - b) It will increase the anger you have for them.
 - c) The labels are often unfair and inaccurate.
 - d) Disagree. Nothing wrong whatsoever labelling people.
- 8. You are about to explode with rage. What should you do?**
- a) Get away from the anger-provoking situation.
 - b) Distract yourself.
 - c) Exercise.
 - d) Eat lots of candy.
- 9. Why is anger a hard emotion to work on taming?**
- a) Everyone gets angry.
 - b) It gets triggered so quickly.
 - c) It isn't, unless you are angry.
 - d) It gets triggered for many different reasons.
- 10. What's the healthy alternative to anger?**
- a) Keeping it all in and pretending you are fine.
 - b) Not showing anger to your friends but just to your family.
 - c) Expressing your feelings when appropriate, firmly and respectfully.
 - d) Having one big screaming vent to get it all out of the system.

Answers:

1. C
2. C
3. D
4. B
5. A, B, C
6. B, D
7. C
8. A, B, C
9. B, D
10. C