

# Hack 9 – Speaking Up and Speaking Out Quiz

Note: Some questions may have more than one correct answer

1. What are the main reasons we find it hard to speak up?
  - a) Fear of being judged or misunderstood.
  - b) Not knowing the right words to say.
  - c) We feel we can solve our problems without help.
  - d) Finding it hard to trust others.
2. Why else is it hard to ask for help?
  - a) We tend to think that asking for help is a sign of weakness.
  - b) We think that nobody can understand what we are experiencing.
  - c) We may feel that our problems are too trivial for anyone to be interested.
  - d) We worry that sharing our secrets will make people think less of us and judge us.
3. When is therapy a good option to consider?
  - a) It's not. It's a waste of time and only for people with severe mental illness.
  - b) If you don't have any friends to chat with.
  - c) If you are looking for an excuse not to do homework.
  - d) If you are struggling emotionally and have tried without success to change things.
4. I need urgent help, what should I do?
  - a) Wait for the situation to resolve itself.
  - b) Seek and demand help immediately.
  - c) Keep your feelings to yourself.
  - d) Ignore the problem and hope it goes away.

- 5. Keeping painful feelings and thoughts inside our hearts is compared to:-**
- a) A mountain climber being too tired to reach the peak.
  - b) A garden of flowers with weeds spreading inside.
  - c) A boiling pot of water with a lid on.
  - d) A game of chess with the king being checkmate.
- 6. I have made the decision to ask for help, what do I do now?**
- a) Wait another day to see if you might feel differently.
  - b) Think about who you might want to open up to.
  - c) Approach a younger friend and ask if you can speak with them.
  - d) Think about the key points that you want to talk about.
- 7. What is the key skill for speaking out effectively?**
- a) Empathetic Communication
  - b) Aggressive Communication
  - c) Assertive Communication
  - d) Passive Communication
- 8. Which of the following statements is an example of an "I" statement?**
- a) "I feel very let down when you're late!"
  - b) "You're so irresponsible for being late!"
  - c) "I feel frustrated and let down when you're late."
  - d) "Why are you never on time?"
- 9. What is the importance of sticking to the facts when speaking out?**
- a) It helps to exaggerate the situation for emphasis.
  - b) It helps the other person to be more willing to understand your feelings.
  - c) It makes the situation seem less significant than it is.
  - d) It ensures clarity and avoids unnecessary emotional reactions.
- 10. What is the third step in effective speaking out?**
- a) There isn't a third step, only a 2-step approach.
  - b) Propose a solution.
  - c) Play the blame game.
  - d) Stick to the facts.

# Answers

1. A, B, C, D
2. A, B, C, D
3. D
4. B
5. C
6. B, D (C is wrong as it should be a trusted older adult)
7. C
8. A, C
9. B, D
10. B