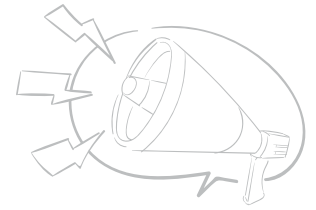




Speaking up & speaking out quiz



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



Speaking up & speaking out quiz



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?

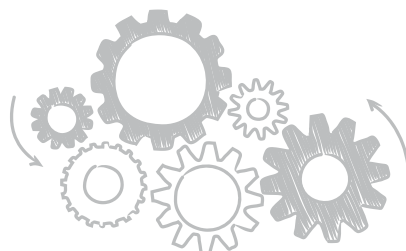
- A. *"I feel very let down when you're late!"*
- B. *"You're so irresponsible for being late!"*
- C. *"I feel frustrated and let down when you're late"*
- D. *"Why are you never on time?"*

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



Speaking up & speaking out quiz 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**