

HH 540 – Holistic Healing with Mindfulness

Exam Instructions

Thank you for enrolling into HH 540 – Holistic Healing with Mindfulness. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **“Next”** to go to the next question.
- Use the **“Next”** and **“Previous”** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **“Submit All”** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: info@aihcp.org

Full Name:

Email:

Student ID Number:

1. Mindfulness is best defined as:

- A) Relaxation
- B) Emptying the mind
- C) Present-moment awareness without judgment
- D) Visualization

2. Meditation differs from mindfulness in that meditation:

- A) Is always spiritual
- B) Requires special tools
- C) Is a structured practice
- D) Eliminates thoughts

3. Which hormone is reduced through mindfulness meditation?

- A) Dopamine
- B) Cortisol
- C) Melatonin
- D) Adrenaline

4. A common myth about meditation is that:

- A) It improves focus

- B) It requires a quiet mind
- C) It reduces stress
- D) It builds awareness

5. Which survival response involves people-pleasing behavior?

- A) Fight
- B) Flight
- C) Freeze
- D) Fawn

6. Which of the following best describes "mindful task transitions" during the workday?

- A) Switching tasks immediately to maintain momentum
- B) Avoiding difficult tasks by moving to easier ones
- C) Taking a brief pause between tasks to reset attention and reduce reactivity
- D) Completing multiple tasks at once to increase efficiency

7. The 5-4-3-2-1 grounding technique engages:

- A) Thoughts only
- B) Memory recall
- C) The five senses
- D) Visualization

8. Box breathing typically uses counts of:

- A) 3
- B) 4
- C) 5
- D) 6

9. What is Meditation?

- A) A practice of calming the mind and focusing attention to achieve mental clarity, relaxation, and emotional stability
- B) Can only be done by sitting with your legs crossed
- C) Setting aside time to focus outward toward the external environment
- D) Does not involve the breath

10. Which of the following ways are not ways to be mindfulness in conversations?

- A) Be fully present

- B) Listen without judgement
- C) Notice non verbal cues
- D) Interrupt the speaker

11. What is Mindfulness Meditation?

- A) The practice of breathing through life
- B) The practice of creating space where you can observe and redirect your thoughts with compassion.
- C) Does not build on the practice of mindfulness
- D) Negative Self Talk

12. Which one of the following is not a benefit of mindfulness meditation?

- A) Fostering resistance and clarity in face of life's challenges
- B) Stress Reduction
- C) Natural calming of the nervous system
- D) Increase in stress hormones

13. Which one of the following is not a scientifically backed benefit of mindfulness?

- A) Reduce anxiety and depression
- B) Rewriting of brains response to stress and negative thought patterns
- C) Lowers blood pressure
- D) Makes it more difficult to sleep

14. How does mindfulness mediation increase focus?

- A) Strengthens neural pathways associated with sustained attention.
- B) Enhancing emotional resilience through teaching observation without judgement,
- C) Creating a buffer between intense feelings and your reactions.
- D) All of the above

15. Which of the following is a body scan technique?

- A) Finding a comfortable seated position, closing eyes, bringing focus to the breath
- B) Engaging in mindful walking by moving slowly and deliberately
- C) Lying down or sitting comfortably and systematically bringing your attention to a different area of your body
- D) Sitting and tuning to the sounds around you

- 16.** Which one of the following is a tool or prop that can be used for mediation?
- A) Cushions or Matts
 - B) Plants
 - C) Kitchen Utensils
 - D) Recording Device
- 17.** The following is a breath focused meditation:
- A) Creatinine mentally soothing scenes, calming the mind and body
 - B) Combining movement with mindfulness through walking
 - C) Using natural rhythm of breath to center attention and calm the mind
 - D) Awareness of physician sensations systematically through the body
- 18.** What kind of meditation is a mindfulness practice designed to help you process and let go of challenging emotions.
- A) Sound meditation
 - B) Emotional Release mediation
 - C) Guided Visualization
 - D) Body Scans
- 19.** What is not a common difficulty when practicing mindfulness meditation?
- A) Feelings of tranquility and calmness
 - B) Wondering thoughts
 - C) Impatience or frustration
 - D) Physician discomfort and restlessness
- 20.** What is a strategy to address physical discomfort and restlessness during mediation?
- A) Embrace movement mindfully
 - B) Stay still during practice, even when it is uncomfortable
 - C) Be hard on yourself
 - D) Do not use a timer
- 21.** What can help with breaking free from the mental cycle of rumination?
- A) Thinking about the same topic over and over again
 - B) Mindfulness mediation is a powerful by shifting focus to present moment
 - C) Thinking about the past and future
 - D) Stressing

22. Mindfulness Meditation helps break this cycle by teaching you to observe thoughts without becoming entangled in them.

- A) The 5-4-3-2-1 Ground technique
- B) Box Breathing
- C) Rumination Cycle Breathing
- D) Alternative Nostrile Breathing

23. What is a powerful technique for building resilience and anxiety involves tensing and relaxing muscle groups to release physician tension and promote calmness.

- A) Progressive Muscle Relaxation
- B) Mindful Visualization
- C) Mantras
- D) Box Breathing

24. Which one of the following is not a best practice when engaging with technology mindfully?

- A) Eliminate distractions
- B) Thinking about the future and the past
- C) Stay present
- D) Experiment and evolve

25. Which of the following is a benefit of having a virtual community via technology's help?

- A) Number of likes received on social media
- B) Shared accountability
- C) Expensive pricing
- D) Lack of engagement

26. What are some tips to creating a mindfulness plan with appropriate technology boundaries for remote workers:

- A) Create a dedicated workspace
- B) Establish a routine with mindfulness
- C) Set boundaries for work hours
- D) All of the above

27. When scrolling through social media, what should you ask yourself to stay mindful of?

- A) How many likes did I receive today?
- B) Am I here for connection, learning, or distraction?
- C) How many new friends do I have?
- D) What story should I place on my feed?

28. What is one way to detox digitally?

- A) Schedule regular screen free hours and use this time to ground yourself
- B) Check your phone first thing in the morning
- C) Sleep with your phone and laptop next to you
- D) Keep your phone on you while having meals

29. What are some strategies to reduce digital fatigue?

- A) Mindful pauses
- B) Techfree zones
- C) Digital Detox Hours
- D) All of the above

30. What is a mindfulness practice for the workday?

- A) Keep technology on you at all times
- B) Do not schedule a transition between work and personal time
- C) Practice micro meditations throughout the day
- D) Keep notifications on at work

31. What is self compassion?

- A) A.Criticizing yourself
- B) B.Treating ourselves with the same kindness that we would offer to a loved one
- C) C.Practicing judgement
- D) D.Realizing you may be the only one suffering

32. Self compassion encourages us to respond to those mindful observations with:

- A) Warmth and care
- B) Self criticism
- C) Self judgement
- D) Looking back at what could have been

33. What are the three components of self compassion?

- A) Criticism, judgement and understanding
- B) Considering past, present and future decisions
- C) Self kindness, common humanity, and mindfulness
- D) Self compassion, self understanding, and self reflection

34. Common Humanity is:

- A) Treating yourself with gentleness and care
- B) Recognizing that everyone struggles and that imperfection is a shared human experience
- C) Observing your thoughts
- D) Creating boundaries

35. What is a self compassion mediation technique?

- A) Loving Kindness Mediation for yourself
- B) Taking a break
- C) Box Breathing
- D) Journaling

36. Which one of the following is not a technique got refraining from negative talk:

- A) Identify the thought
- B) Challenge the validity
- C) Reframe with kindness
- D) Ruminant on the negative thought

37. What is an evidence based benefit of self compassion?

- A) The need to self criticize ourselves
- B) Increase motivation and confidence by reducing the fear of failure
- C) The desire for self love is evident
- D) We can only love others if we love ourselves

38. Which of the following is not a benefit of self compassion:

- A) Reduce anxiety and depression
- B) Enhance emotional resilience
- C) Improve relationships by fostering empathy and understanding
- D) Recognizing internal trauma

39. What is the S.T.O.P methodology?

- A) A mindfulness tool to regain composure in stressful moments.
- B) A sign that prompts you how to stop when you are going to fast
- C) A red octangular sign on the side of the road
- D) A method to help you observe the pace of life

- 40.** What does S.T.O.P stand for?
- A) Safe, Travels, On, Plane
 - B) Stop, Take a Breath, Observe and Proceed.
 - C) Savor, Take, Over, Practice
 - D) Soft Temper On Plane
- 41.** The S.T.O.P method is designed to help you do the following:
- A) Consider the need to stop more often
 - B) Acknowledge the fast paced life we live in
 - C) Pause, Ground yourself, and respond to stress or overwhelm with clarity and intention
 - D) All of the above
- 42.** What is the benefit on the body when stopping during the S.T.O.P technique:
- A) There is no benefit
 - B) It makes us reconsider our next move
 - C) It helps us lose control of our thoughts
 - D) The pausing break interrupts our autonomic patterns of stress and reactivity
- 43.** What is the benefit to the body when taking a deep breath in the S.T.O.P technique?
- A) Activates the parasympathetic nervous system, which reduces stress and promotes relaxation.
 - B) Activates sympathetic nervous system, creating more tension in the body
 - C) Causing more stress to the body with that deep breath
 - D) Activating the nervous systems fight and flight response.
- 44.** What is NOT a benefit to the body when observing in the S.T.O.P technique?
- A) Lack of self awareness
 - B) Encourages self awareness
 - C) Recognizes patterns in your physical and emotional response to stress
 - D) Allows for responding thoughtfully vs. reacting
- 45.** What is the impact of proceeding in the S.T.O.P technique?
- A) Quickly hurrying to the next event for the day
 - B) Aligning your actions with goals and values, enabling you to respond thoughtfully rather than react out of frustration
 - C) Allows you to take action without thinking through the effects
 - D) Creates space to add more to your daily activities

- 46.** What are some ways that the S.T.O.P methodology is transformative?
- A) Reduce reactivity
 - B) Enhance emotional regulation
 - C) Cultivate Clarity
 - D) All of the above
- 47.** Which mindfulness practice enhances concentration in the present moment by focusing on a single item?
- A) S.T.O.P methodology
 - B) 5-4-3-2-1 technique
 - C) Practice of focusing on a single object
 - D) Body Scan
- 48.** What are the benefits to practicing focusing on a single object?
- A) Focus, increased awareness, stress reduction, mental discipline
 - B) Scatter brained thoughts, enhanced stress
 - C) External awareness, lack of internal awareness, emotional deregulation
 - D) Self awareness, scattered thoughts, external awareness, enhanced stress
- 49.** What are the steps in practicing focusing on a single object?
- A) Find a comfortable spot, close your eyes, watch your thoughts
 - B) Pick an object to focus on, get into a comfortable spot, begin observing, deepen your observation, handle distraction with kindness
 - C) Pick an object to concentrate on, let your mind wander as you want, bring your attention back to your breath
 - D) Consider laying down and bringing attention to the different parts of your body
- 50.** What are some mindfulness practices for parents and families?
- A) Practice mindful eating together
 - B) Create a 2 minute quiet moment as a family
 - C) Notice details during walks
 - D) All of the above
- 51.** What is one way to build a lifelong mindfulness meditation practice?
- A) Always aim for perfection
 - B) Stay rigid in your plan
 - C) Use tools to support your practice
 - D) Do not build a mediation friendly environment

- 52.** Which of the following habits would not help you build a lifelong meditation practice?
- A) Prioritize consistency over perfection
 - B) Do not use any tools to support your practice
 - C) Adjust to your life's rhythm
 - D) Build a meditation friendly environment
- 53.** What are some ways to find inspiration and motivation to continue a lifelong practice?
- A) Do not celebrate milestones
 - B) Build your own practice instead of joining a group
 - C) Explore new techniques
 - D) Do not make time for reflection
- 54.** As a beginner to journaling, what's the best way to get started?
- A) Start with a guided prompt or use freeflow pages to capture your thoughts
 - B) Use a pen that does not work
 - C) Consider journaling while in a busy loud area
 - D) Criticize the reflections in your journals
- 55.** What is an affirmation?
- A) A group of words to say to yourself to enhance negative self talk
 - B) Positive statements used to challenge and overcome self sabotaging thoughts, promoting self love and growth
 - C) Neutral language that does not create a change in the wiring of your brain
 - D) Statements that help you ruminate on certain topics
- 56.** What is awareness as it relates to mindfulness?
- A) Ability to concentrate on the past without judgement
 - B) Ability to concentrate on the future without judgement
 - C) Being fully present and engaged with the current moment, observing thoughts, emotions, and surroundings without judgement
 - D) Being fully present with self criticism in the current moment
- 57.** What is gratitude?
- A) The practice of focusing on and appreciating the positive aspects of life, fostering a sense of contentment and joy.
 - B) The practice of focusing on the negative aspects of life, recognizing that others within humanity have the same feelings
 - C) The practice of focusing on the past and the future, not paying attention to the current moment.
 - D) The practice of focusing on what you may have missed out in

58. How would you describe the practice of grounding?

- A) A tool used when sitting on the floor and feeling mother earth
- B) A technique used to bring awareness back to the present moment, often through sensory engagement, such as a feeling your feet on the floor or noticing sounds around you.
- C) The practice of using the ions in mother earth to reenergize the body
- D) An ability for some to rejuvenate their energy

59. What is non judgement?

- A) The practice of judging your action and mistakes
- B) The practice of observing your thoughts with criticism
- C) The practice of observing thoughts, emotions and experiences without labeling them as "good" or "bad"
- D) The practice of over analyzing your thoughts and emotions

60. What is rumination?

- A) The repetitive overthinking or dwelling on negative thoughts, which mindfulness can help manage and reduce.
- B) The way some practices require you to concentrate on a certain object or thought
- C) The practice of stopping your spiraling thoughts on certain topics
- D) The practice of being grateful for the good things in life

61. What is self compassion?

- A) The act of treating others with kindness and understanding
- B) The act of making a list of things that you are grateful for in life
- C) The act of treating oneself with kindness and understanding, especially during moments of struggle or failure.
- D) The act of treating yourself with non judgement

62. What is the point of the left hemisphere of your brain, or your jerk brain?

- A) To support you in safe and secure environments
- B) Automatic mind reactions wired to protect you from danger
- C) Upsetting thoughts that are fact
- D) Automatic mind reactions that is heart centered

63. What are the three strategies of the emotional mind?

- A) Swallow, Wollow, Allow
- B) Swallow, Hollow, Allow
- C) Swallow, Follow, Allow

D) Swallow, Hollow, Follow

64. What is the swallow strategy of the emotional mind?

- A) Swallowing good feelings creates space for better feelings
- B) Swallowing bad feelings allows retreating from emotional pain, emphasizing the brain muscle to continue to run and avoid that pain.
- C) Swallowing neutral feelings does not change anything in the body or mind.
- D) Swallowing bad feelings creates space for better feelings to arise

65. What is the wallow strategy of the emotional mind?

- A) Wallowing trains us to be non judgemental
- B) Wallowing refers to people keeping their distant from others who wallow
- C) Wallowing refers to people stewing in their jerk brain thoughts.
- D) Wallowing refers to people leaning into their warm and fuzzy thoughts

66. What is the allow strategy of the emotional mind?

- A) When negative emotional feelings arise, we allow them to and watch and feel them in our body calmly without judgement.
- B) When negative feelings arise, we ignore them and push them down further
- C) When negative feelings arise, we share them with our friends and overanalyze them
- D) When negative feelings arrive, we tell them to come back another day

67. Why do we feel emotions in the body through the allow strategy?

- A) The body is where the emotions hang out, where we feel emotions in the body
- B) Focusing on emotions in the body enables us to stop the jerk brain story, allowing us to do the emotional work
- C) Your body can express new emotions as well as subconscious wounds from long ago.
- D) All of the above

68. What does therapeutic mindfulness teach us?

- A) We learn how to ruminate in our thoughts until we no longer notice ourselves.
- B) We learn to watch our feelings and judge ourselves for the negative self talk
- C) We learn to bypass judgements and separate ourselves from the stories that keep us in pain.
- D) We learn to understand the pain and suffering that all of humanity undergoes, with no answer to how to fix it.

69. What's the difference between coping skills and healing skills?

- A) Coping skills are to help us find a solution to the long term healing skills.
- B) Coping skills are a short term solution. Healing skills do the deeper work.

- C) Coping skills are a long term solution. Healing skills are a superficial work
- D) Coping skills and healing skills help us survive in the moment.

70. What do brain scans show about practicing mindfulness?

- A) They show brain works similar to a muscle
- B) You can train your brain to have calmer reactions
- C) Relaxing exercises builds the brain muscle for relaxing.
- D) All of the above

71. What is therapeutic mindfulness?

- A) A practice for ensuring mindfulness and therapy are both used to help clients reach achievable goals
- B) A step by step process that walks therapists through how to counsel clients through trauma informed therapy
- C) Step by step process that combines eastern mindfulness practices with trauma informed therapy techniques to heal feelings rather than run away from them.
- D) A practice for ensuring therapy and mindfulness techniques are kept separate

72. Practicing therapeutic mindfulness can teach you to do the following:

- A) Learn to sit with and heal old, long held emotional wounds over time as part of meditation practice
- B) Learn old beliefs that have caused traumatic reactions from you due to past wounds
- C) Recognize that therapy and mindfulness together has its benefits
- D) All of the above

73. Which of the following is not a teaching of therapeutic mindfulness:

- A) Create a habit of pausing before reacting
- B) Observe your reaction from a separate part of your mind that has wisdom
- C) Gain deep awareness of your body's expression of feelings, both negative and positive
- D) Learn how to wallow in your own feelings without fully healing old wounds

74. What are the steps in the therapeutic mindfulness practice?

- A) Choose a target, allow practicing non judgement, return to the target
- B) Choose a target, describe your body reactions, allow practicing non judgement, repeat describing and allowing, and return to the target
- C) Choose a target, describe your body reactions, repeat choosing and describing.
- D) Describe your body reactions, allow practicing nonjudgement, repeat describing and allowing, and return to the target

- 75.** What are the characteristics of a good target during therapeutic mindfulness practice?
- A) It is vague with no connection to emotion
 - B) It is vague, hurts and you want to avoid it
 - C) It is specific and it is charged with emotion
 - D) All of the above
- 76.** What techniques are available to assist with describing your body reactions during therapeutic mindfulness?
- A) Body focusing questions that help you suppress the feelings in your body
 - B) Body focusing questions that help you describe the emotions that your feeling in your body
 - C) Mind focusing questions that help you get out of your body and into your min
 - D) Mind focusing questions that help navigate the body away from negative feelings
- 77.** What techniques are available to assist with allowing the practice of non judgement while practicing therapeutic mindfulness?
- A) Once you find your target, feel it in your body, then use allow phrasing so you allow those feelings to be there.
 - B) Once you find your target, feel it in your body, and tell it to go away.
 - C) Once you find your target, ignore the feelings in your body, and allow them to disappear.
 - D) Once you find your target, use affirmations to positively talk to yourself so those feelings are supported in your body
- 78.** During the practice of therapeutic mindfulness, what happens when the negative feelings phase or disappear completely due to deep internal work?
- A) You will always have a positive emotional state moving forward
 - B) You will notice a change in your mindset overnight
 - C) You will notice pleasant feelings in place of the negative feelings.
 - D) You will always have lingering feelings of doubt.
- 79.** What is one of the common experiences of describing and allowing during therapeutic mindfulness practice from the book?
- A) A lightness to the experience of suppressing emotions
 - B) Clenched feeling in the through (like a fist)
 - C) A softness to our energy and mindset
 - D) A happy feeling when these negative experiences arise
- 80.** During therapeutic mindfulness practice, what do you do when negative emotional feelings arise.
- A) Try to suppress those emotional negative feelings
 - B) Listen to the feelings and then put them away for another day

- C) Analyze the feelings until they disappear, hoping they don't come back
- D) Do not try to make it better. The feeling just needs to be heard.

81. During therapeutic mindfulness, when our negative feelings arise, and we try to make those feelings better, what two things happen?

- A) First, we are judging that what is happening is bad, because we have the need to make it go away. Second, we are telling the feeling that it is unacceptable and telling ourselves that something about us is bad.
- B) First, we are judging that what is happening is bad, because we have the need to make it go away. Second, we are telling the feelings it is OK to feel that way.
- C) First, we are judging ourselves, and second, we are suppressing our feelings without validation
- D) First we are judging ourselves, and second, we are accepting the bad feelings

82. What's a good way to troubleshoot your therapeutic mindfulness practice?

- A) Lean into the feelings in order to heal them more quickly.
- B) Do not concentrate on the jerk brains story, but instead describe the process in your body.
- C) Make sure to allow the process and that you are not resisting or judging
- D) All of the above

83. What are some common survival strategies to the negative feelings that may arise during therapeutic mindfulness:

- A) Fight
- B) Freeze
- C) Fawn
- D) All of the above

84. What is the fight survival strategy of trauma responses?

- A) Outbursts of anger and aggression based on survival techniques of fighting back
- B) Fleeing away and hiding - leaving physically or shutting down emotionally
- C) Freezing completely, without ability to function in basic way
- D) Extreme people pleasing to survive

85. What is the flight survival strategy of trauma responses?

- A) Outbursts of anger and aggression based on survival techniques of fighting back
- B) Fleeing away and hiding - leaving physically or shutting down emotionally
- C) Freezing completely, without ability to function in basic way
- D) Extreme people pleasing to survive

- 86.** What is the freeze survival strategy of trauma responses?
- A) Outbursts of anger and aggression based on survival techniques of fighting back
 - B) Fleeing away and hiding - leaving physically or shutting down emotionally
 - C) Freezing completely, without ability to function in basic way
 - D) Extreme people pleasing to survive
- 87.** What is the fawn survival strategy of trauma responses?
- A) Outbursts of anger and aggression based on survival techniques of fighting back
 - B) Fleeing away and hiding - leaving physically or shutting down emotionally
 - C) Freezing completely, without ability to function in basic way
 - D) Extreme people pleasing to survive
- 88.** In the practice of therapeutic mindfulness and self compassion, what is the first step toward healing?
- A) Validating our pains
 - B) Validating our positive emotions
 - C) Suppressing our pains
 - D) Suppressing our positive emotions
- 89.** What is unconditional positive regard, a concept introduced by Carol Rogers?
- A) Unconditionally letting someone deal with their own emotions
 - B) Unconditionally showing complete support and acceptance of a person, no matter what they say or do
 - C) Conditionally showing support for a person, depending on what they do
 - D) Conditionally showing support for yourself, depending on what you do.
- 90.** What is a core belief?
- A) A superficial believe we have about ourselves and the world
 - B) Underlying conscious beliefs we hold about ourselves and the world
 - C) Underlying, subconscious beliefs we hold about ourselves and the world
 - D) A superficial, subconscious believe we hold about ourselves and the world
- 91.** What is an example of a negative core belief we may be telling ourselves:
- A) I am safe
 - B) I am not safe
 - C) I am good enough
 - D) I am happy

- 92.** If the core belief of anxiety is perpetuated by avoidance, how can we assist in breaking the cycle?
- A) Practice of Therapeutic Mindfulness
 - B) Practice of boxed breathing
 - C) Practice of meditation and mindfulness
 - D) Practice of self compassion
- 93.** What is resistance?
- A) Our body's way of protecting ourselves
 - B) Our mind's way of protecting ourselves
 - C) The body's way of suppressing emotions
 - D) The mind's way of leaning into emotions
- 94.** What is it called when we want to jump past discomfort toward forgiveness and love without doing the hard work, while ignoring resentment and hurt?
- A) A toxic syndrome
 - B) Healing positively
 - C) Toxic positivity
 - D) Healing through toxicity
- 95.** Toxic positivity is another type of:
- A) Avoidance from the hurt
 - B) Resentment from the hurt
 - C) Philosophy of being hurt
 - D) Philosophy of loving your path
- 96.** How does therapeutic mindfulness help when subconscious protections and resistance come up to block your progress?
- A) It builds your resistance to support the subconscious protections
 - B) It builds your tolerance for discomfort and lower your judgement tendencies
 - C) It builds your tolerance for judging yourself more
 - D) It builds your resistance to discomfort and judgement
- 97.** During therapeutic mindfulness, what are ways that progress is tracked?
- A) A one through ten pain scale
 - B) Progress if the target is less painful
 - C) Duration, intensity and frequency
 - D) A one through five likert scale

98. How is therapeutic mindfulness progress measured via duration?

- A) Duration between start and finish of triggered events stay the same
- B) Duration between triggered events are decreased
- C) Duration between triggered events get longer
- D) All of the above

99. How is therapeutic mindfulness progress measured via intensity?

- A) Intensity between seeing patterns and breaking them
- B) Intensity between seeing patterns continuing them
- C) Intensity between seeing patterns and ruminating on them
- D) Intensity between seeing patterns and creating more patterns

100. How is therapeutic mindfulness progress measured via frequency?

- A) Increase frequency of target
- B) Frequency of target unmeasurable
- C) No change in frequency of target
- D) Lesson frequency of target

101. Through therapeutic mindfulness, when we have a relapse, where our jerk brain returns with a cycle of hopelessness, what is a trick that you can do to counteract the jerk brain?

- A) Write a letter to your parents about the jerk brain's target
- B) Have self compassion to heal from the jerk brain
- C) Be hard on ourselves as the jerk brain takes over
- D) Ruminating on the jerk brain's thoughts

102. If the jerk brain does take over during a relapse, what are some techniques that you can implement to pull yourself into a compassionate mindset?

- A) Watch the thoughts with a sense of attachment
- B) Ruminating on the thoughts that jerk brain brought to light
- C) Pause the negative narrative and focus on the emotions in body using the body focusing questions
- D) Kick start your survival instincts with boundaries

103. During therapeutic mindfulness practice, how can you enhance results to increase adaptation to positive thought patterns?

- A) Leaning into the bad feeling and through it
- B) Leaning into the good feelings that arise
- C) Leaning into the neutral feelings that arise
- D) Leaning into the body feelings that arise

104. What is the REBT Therapy by Dr. Albert Ellis?

- A) Keeping irrational beliefs the same through help of the jerk brain
- B) Using the jerk brain to continue rumination of thoughts
- C) Changing irrational beliefs by managing emotions and behavior
- D) Changing irrational beliefs by suppressing them

105. What is Cognitive Behavioral Therapy?

- A) Supporting negative self talk instead of positive self talk
- B) Challenging negative self talk with more rational positive self talk
- C) Letting negative and positive self talk lead on their own
- D) Guiding negative self talk to suppress the positive self talk

106. What is DBT, or Dialectical Behavioral Therapy?

- A) A process in which the therapist and client work with acceptance and change-oriented strategies and ultimately balance and synthesize them
- B) A process in which the therapist and client work with suppressing emotions and feelings in order not to change
- C) A process in which the therapist and client work on ruminating on the past
- D) A process in which the therapist and client work on fixing targets while continuing to discuss ruminating thoughts

107. What are some side effects to using affirmations?

- A) Negative thoughts may come up for needed healing
- B) Positive emotional reactions such as improved view of yourself
- C) Train your mind to think in ways you prefer
- D) All of the above

108. Which of the following best illustrates the difference between coping skills and healing skills in mindfulness practice?

- A) Coping skills eliminate emotional pain, while healing skills ignore it
- B) Coping skills provide short-term relief, while healing skills address emotional pain at its source
- C) Healing skills suppress emotions more effectively than coping skills
- D) Coping skills require professional guidance, while healing skills do not

109. Mindfulness is best defined as:

- A) Relaxation through distraction
- B) Eliminating negative thoughts
- C) Nonjudgmental, focused attention to the present moment

- 110.** The “jerk brain” is best described as:
- A) The rational decision-making center
 - B) A calm, compassionate awareness
 - C) An automatic, fear-based survival system
 - D) A spiritual concept only
- 111.** Which quality most often accompanies decisions made from the Higher Self?
- A) Urgency
 - B) Fear
 - C) Contentment and clarity
 - D) Perfectionism
- 112.** Why does the brain naturally pull away from emotional discomfort?
- A) To maintain productivity
 - B) To avoid learning
 - C) Because it is wired for protection and survival
 - D) Due to poor emotional intelligence
- 113.** According to therapeutic mindfulness, emotional problems should be addressed:
- A) At the logical level first
 - B) Through distraction
 - C) At the emotional level where they exist
 - D) Through positive affirmations
- 114.** Which statement best reflects the phrase “What you resist, persists”?
- A) Avoided emotions resolve themselves
 - B) Suppressed emotions often intensify over time
 - C) Logic overrides emotional memory
 - D) Emotional pain disappears with time
- 115.** Mindfulness meditation differs from mindfulness because it:
- A) Is always spiritual
 - B) Requires silence
 - C) Is a structured, intentional practice
 - D) Stops all thoughts

116. A common myth about meditation is that:

- A) It improves focus
- B) It reduces stress
- C) It requires a completely quiet mind
- D) It builds awareness

117. Brain imaging research shows mindfulness practice supports:

- A) Reduced intelligence
- B) Neuroplasticity and emotional regulation
- C) Avoidance of emotions
- D) Increased rumination

118. Which stress hormone has been shown to decrease with mindfulness meditation?

- A) Dopamine
- B) Serotonin
- C) Cortisol
- D) Melatonin

119. Emotional survival responses such as fight, flight, freeze, and fawn exist primarily to:

- A) Control others
- B) Avoid responsibility
- C) Ensure survival
- D) Increase confidence

120. The pause cultivated through mindfulness allows individuals to:

- A) Stop emotions completely
- B) Replace emotions with logic
- C) Create choice instead of reaction
- D) Eliminate discomfort

121. Which statement best reflects mindfulness practice?

- A) Ignoring discomfort
- B) Being aware without judgment
- C) Analyzing emotional content
- D) Suppressing thoughts

122. The body's expression of suppressed emotion supports which principle?

- A) Cognitive dominance
- B) Mind–body disconnection
- C) "What the mind suppresses, the body expresses"
- D) Emotional elimination

123. Even brief workplace mindfulness practices can be effective when they are:

- A) Long and intensive
- B) Infrequent
- C) Consistent
- D) Passive

124. A morning mindfulness ritual primarily helps by:

- A) Increasing multitasking
- B) Setting a reactive tone
- C) Supporting intentional focus and regulation
- D) Eliminating stressors

125. A gratitude practice at work typically involves:

- A) Ignoring challenges
- B) Listing accomplishments only
- C) Reflecting on three things one is grateful for
- D) Public recognition

126. Which is an example of mindful decision-making at work?

- A) Responding immediately to emails
- B) Avoiding difficult conversations
- C) Pausing before responding
- D) Delegating responsibility

127. Mindful transitions between tasks help reduce:

- A) Productivity
- B) Cognitive overload
- C) Learning capacity
- D) Motivation

128. The Pomodoro Technique combined with mindfulness emphasizes:

- A) Longer work sessions
- B) Continuous stimulation
- C) Focused work with intentional pauses
- D) Task avoidance

129. One benefit of virtual mindfulness communities is:

- A) Increased comparison
- B) Reduced autonomy
- C) Shared accountability and support
- D) Mandatory participation

130. Mindful engagement with virtual communities includes:

- A) Joining as many as possible
- B) Passive content consumption
- C) Quality over quantity
- D) Avoiding boundaries

131. Digital fatigue is best reduced through:

- A) Increased notifications
- B) Continuous screen exposure
- C) Tech-free breaks and mindful pauses
- D) Multitasking

132. A digital detox is best described as:

- A) Eliminating all technology
- B) Punishing screen use
- C) Intentional breaks from technology
- D) Avoiding work responsibilities

133. One recommended first step in a digital detox is to:

- A) Quit social media entirely
- B) Create tech-free time during meals or before bed
- C) Increase screen time awareness apps
- D) Replace technology with productivity tools

134. Mindfulness for remote workers includes:

- A) Working without breaks
- B) Blurring work and home boundaries
- C) Creating a dedicated workspace
- D) Staying constantly connected

135. A mindful end-of-day ritual supports:

- A) Overworking
- B) Emotional detachment
- C) Recovery and role transition
- D) Task avoidance

136. Asking "Am I here for connection, learning, or distraction?" is an example of:

- A) Cognitive restructuring
- B) Behavioral avoidance
- C) Mindful technology use
- D) Performance monitoring

137. Self-compassion differs from mindfulness because it emphasizes:

- A) Observation only
- B) Warmth and care in response to suffering
- C) Emotional detachment
- D) Problem solving

138. Shame tends to affect behavior by:

- A) Preventing repetition
- B) Encouraging healing
- C) Reinforcing the problem
- D) Increasing clarity

139. Self-judgment often leads to:

- A) Emotional resolution
- B) Reduced distress
- C) Added layers of suffering
- D) Improved motivation

140. According to therapeutic mindfulness, healing requires:

- A) Avoiding discomfort
- B) Accepting emotions without judgment
- C) Controlling feelings
- D) Replacing emotions with logic

141. The concept of unconditional positive regard emphasizes:

- A) Behavioral correction
- B) Judgment-based change
- C) Acceptance as a condition for growth
- D) Performance evaluation

142. Which statement is true about validating pain?

- A) It excuses harmful behavior
- B) It reinforces jerk brain stories
- C) It acknowledges suffering without approving actions
- D) It prevents responsibility

143. Which is NOT one of the three core components of self-compassion?

- A) Self-kindness
- B) Common humanity
- C) Judgment
- D) Mindfulness

144. Common humanity in self-compassion means:

- A) Comparing suffering
- B) Minimizing pain
- C) Recognizing suffering as part of being human
- D) Avoiding emotional awareness

145. Negative self-talk is best addressed by:

- A) Ignoring it
- B) Fighting it aggressively
- C) Identifying and reframing it with kindness
- D) Accepting it as truth

146. A Loving-Kindness Meditation primarily cultivates:

- A) Focused attention only
- B) Cognitive insight
- C) Compassion and warmth toward oneself
- D) Emotional suppression

147. Self-compassion has been shown to reduce:

- A) Emotional awareness
- B) Motivation
- C) Anxiety and depression
- D) Accountability

148. Self-compassion increases motivation by:

- A) Increasing fear of failure
- B) Removing responsibility
- C) Reducing shame-based avoidance
- D) Encouraging perfectionism

149. Mindfulness cannot coexist with:

- A) Awareness
- B) Compassion
- C) Judgment
- D) Presence

150. The most accurate statement about self-compassion is:

- A) It weakens discipline
- B) It avoids accountability
- C) It creates emotional safety for healing
- D) It promotes complacency

