

Outline

1. Problem-solving appraisal
 - a. Advantages of positive problem-solving appraisal
 - b. Factors that associate with positive problem-solving appraisal
 - c. Effect of approach versus avoidance behavior on problem-solving appraisal
2. Self-determination
 - a. Importance of autonomy, competence, and relatedness
 - b. Human agentic actions
 - c. The relevance of individuation, self-regulation, empowerment, and self-realization
3. Curiosity and Interest
 - a. Operational definition of curiosity
 - b. Characteristics of interest and enjoyment
 - c. Benefits of curiosity
4. Courage
 - a. Various conceptions of courage
 - b. Internal characteristics of courageous behavior
 - c. Social influences on courage
5. Relationship Connection
 - a. Minding the close relationship
 - b. Mindful versus mindless
 - c. Factors that promote close relationships
6. Adult attachment security
 - a. Healthy relationships can lead to optimal psychological functioning
 - b. Relationship between secure attachment orientation and mental health
7. Empathy and altruism
 - a. Behavioral factors that support or deny the existence of altruism
 - b. The interaction between empathy and altruism
 - c. The concept of universal egoism versus the empathy-altruism relationship
8. Forgiveness
 - a. Effects of careworthiness, expected value, and safety upon forgiveness
 - b. The influence of personality on forgiveness
 - c. Forgiveness promotes mental and physical health

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POSITIVE PSYCHOLOGY III

6 Continuing Education Hours

Record your answers on the Answer Sheet (click the “California MFT/LCSW/LEP/LPCC Answer Sheet” link on Home Page and click your answers).

Passing is 70% or better.

For True/False questions: A = True and B = False.

1. **Curiosity has been labeled one of the basic mechanisms of the biologically based reward sensitivity system and of intrinsic motivation.**
A) True B) False
2. **Strong empirical support across various populations and cultures reveals no connection between positive problem-solving appraisal and less depression.**
A) True B) False
3. **An underlying theme to courage is taking action in opposition to various emotional forces.**
A) True B) False
4. **Research on courageous groups shows that highly courageous individuals generally exhibit lower subjective and physiological fear responses to laboratory stressors compared to less courageous persons.**
A) True B) False
5. **Langer posited that mindlessness is generally the chosen way to interact with one's environment and it occurs more often than thoughtful, active attention in many endeavors.**
A) True B) False
6. **The accumulated knowledge acquired about a partner by minding is continuous and not static.**
A) True B) False
7. **Current literature on adult attachment agrees that attachment security does not facilitate human effectiveness and resilience.**
A) True B) False
8. **Persons with secure adult attachment orientations compared to their less secure peers reveal higher-quality self-disclosure patterns with their partners.**
A) True B) False
9. **The construct of empathy, however termed, has been the main source of altruism as cited by historical and contemporary philosophers and psychologists.**
A) True B) False
10. **Relationships having reward value (measured by commitment feelings) instill greater motivation to forgive.**
A) True B) False
11. **Positive problem-solving appraisal is associated with _____.**
A) positive health expectancies
B) fewer health complaints regarding chronic pain
C) fewer health problems in general
D) All of the above
12. **The recognition, drive, and strong interest to explore novel, challenging and uncertain events is an operational definition of _____.**
A) curiosity
B) hedonic adaptation
C) hedonic treadmill
D) functional theory of self-determination
13. **Research shows that adults in their early 70s with greater curiosity _____ across a 5-year period compared to less curious peers.**
A) live an insignificant shorter time
B) live a significant shorter time
C) live longer
D) report more depression
14. **Deutsch introduced a model of social courage which defines the term as _____.**
A) stamina times remorse
B) inner conviction divided by punishment potential
C) fear minus anxiety divided by two
D) hope times escape potential
15. **Gottman's research on close relationships reveals that _____ experience negative patterns of interaction now and then.**
A) nearly all couples
B) very few couples
C) about 20% of couples
D) about 50% of couples

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16. **In managing negative couples interactions, Gottman recommends _____.**
- A) maintaining a focus on specific behaviors
 - B) maintaining a focus on "complaint-"oriented behaviors
 - C) consistently conveying more positive than negative communication toward one another
 - D) All of the above
17. **The findings reveal that _____ consistently predicts relationship quality better than basic personality traits.**
- A) adult attachment security
 - B) nurturance
 - C) empathy
 - D) congeniality
18. _____ **may be defined as "a motivational state with the ultimate goal of increasing another's welfare."**
- A) Intrinsic motivation
 - B) Drive
 - C) Altruism
 - D) Meta-motivation
19. _____ **is the main argument against the existence of altruism and it proposes that every human action, regardless of how benevolent, honorable, and beneficial to others, targets the ultimate goal of self-benefit.**
- A) The id impulse
 - B) Universal egoism
 - C) The selfish principle
 - D) The feel-good principle
20. **Three pivotal variables that facilitate _____ are careworthiness, expected value, and safety.**
- A) forgiveness
 - B) motivation
 - C) homeostasis
 - D) mental health

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