Chapter 2: Emotional Health
 Emotional Feud

1. \_\_\_\_\_\_\_\_\_\_\_ is the state of being free of mental disturbances that limit functioning.
 **-Emotional Health**

2. True/False: **(False)**
 Emotional health is not related to physical health.

3. True/False **(False)**
 Once a person adopts values, they remain firmly fixed for a lifetime.

4. If you posses emotional health, you seek value, maintain a good relationship with yourself, with others and with \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
 **-Society**

5. True/False **(True)**
 Many people who are emotional unhealthy are self-destructive.

6. One of the most important relationships is the relationship with \_\_\_\_\_\_\_\_.
 **Yourself**

7. To develop a good relationship with yourself, you have to what? (3 statements)
 **-First need to think about yourself
 -Get to know yourself as you are right now
 -Develop a relationship with yourself that pleases you**

8. True/False **(False)**
 Being self-confident IS the same as being conceited.

9. A person who has falsely high options of him or herself is \_\_\_\_\_\_\_\_\_
 **-Conceited**

10. Self confidence starts with what?
 **-Self knowledge**

11. \_\_\_\_\_\_ is the mental processes of which a person is always conscious.
 **-Thoughts**

12. The outermost layer of the brain is called \_\_\_\_\_\_\_.
 **-Cortex**

13. Your \_\_\_\_\_\_\_\_\_\_ shapes your actions.
 **-Thoughts**

14. A person’s rules for behavior, what a person thinks of as right or wrong, or sees as important is called \_\_\_\_\_\_\_\_\_\_\_.
 **-Values**

15. The “lifes steering wheel,” refers to \_\_\_\_\_\_\_\_\_\_, which guide the direction your life takes.
 **-Values**

16. A person’s standing or rank in relation to others, many times falsely based on wealth, power, or influences is called \_\_\_\_\_\_\_\_\_\_\_\_
 **-Status**

17. A \_\_\_\_\_\_\_\_\_\_\_ is a feeling that occurs in response to an event as experienced by an individual.
 **-Emotion**

18. \_\_\_\_\_\_\_\_\_\_\_\_ are present at birth.
 **-Emotions**

19. True/False **(True)**
 Emotions can build up, making it difficult for a person to function.

20. True/False **(False)**
 People who are aware of their feelings and who express them appropriately are NOT emotionally healthy.

21. \_\_\_\_\_\_\_\_\_\_\_ is the ability to recognize and appropriately express one’s emotions in a way that enhances life.
 **-Emotional Intelligence**

22. List two out of the five factors to deal with emotions?
 **- Recognize it, Own it, Verbalize it, Express it physically, or think about the situation**

23. \_\_\_\_\_\_\_\_\_\_ is anger built up due to failure to express it.
 **-Resentment**

24. \_\_\_\_\_\_\_\_\_\_ means to hold back or restrain.
 **-Suppress**

25. \_\_\_\_\_\_\_\_\_\_\_ is an interaction which one person expresses feelings to another.
 **-Confrontation**

26. True/False **(True)**
 People who value themselves, because they are confident and happy, attract other people into their friendships.

27. \_\_\_\_\_\_\_\_\_\_\_ Is a network of individuals or groups with which one identifies and exchanges emotional support
 **-Support system**

28. True/False **(True)**
 People deal with conflict every day.

29. True/False **(False)**
 Even when you do not keep your cool, there will NEVER be any violence while in a conflict.

30. \_\_\_\_\_\_\_\_\_\_ is a two-way exchange of ideas or thoughts.
 **-Communication**