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**