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Question 1

**2 Points**

Which of the following would Glasser **not** agree on?

* 1. 

**Symptoms or mental disorders are reflective of the pain, anger, and unhappiness in our lives.**

* 1. 

**There is no chemical imbalance or difference in brain structure that causes some of us to act in ways that are sometimes labeled “pathological”.**

* 1. 

**Drugs or other brain altering approaches are not necessary to bring us back to “normalcy”.**

* 1. 

**Serious mental disorders are likely the result of some biological problem.**

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Question 2

**2 Points**

According to Glasser, each one of us has a need-strength profile which:

* 1. 

**Is learned through experience in our relationships**

* 1. 

**Is genetically based and is fixed at birth**

* 1. 

**Is based on the parenting we received**

* 1. 

**Is learned and becomes fixed by adolescence**

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Question 3

**2 Points**

Which of the following is **not** what Glasser defines as “total behavior”?

* 1. 

**It is chosen and generated from within.**

* 1. 

**It attempts to match pictures in our quality world.**

* 1. 

**It includes our actions, thoughts, feelings, and physiological processes.**

* 1. 

**We can only choose our feelings; our actions and thoughts are beyond our control.**

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Question 4

**2 Points**

How individuals use language is an important aspect of reality therapy. If a client says, “my partner makes me feel depressed,” a reality therapist might say which of the following?

* 1. 

**“Tell your partner how depressed he (or she) makes you.”**

* 1. 

**“How about you say, ‘I am depressing myself’.”**

* 1. 

**“Depression is biologically based—maybe medication would help.”**

* 1. 

**“The reality is there is no reason for you to be depressed.”**

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Question 5

**2 Points**

Which does not describe the WDEP System?

* 1. 

**W: The client’s wants**

* 1. 

**D: What the client is doing and the direction the client is moving in**

* 1. 

**E: Examining the client’s past**

* 1. 

**P: Developing a plan that can be implemented**

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Question 6

**2 Points**

In which segment of the WDEP cycle does a reality therapist typically ask the client to describe what they are doing to get their needs fulfilled?

* 1. 

**W**

* 1. 

**D**

* 1. 

**E**

* 1. 

**P**

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Question 7

**2 Points**

Which of the following is **not** included in choice theory, the theoretical underpinning of the practice of reality therapy?

* 1. 

**All long-lasting psychological problems are relationship problems.**

* 1. 

**Behaving irresponsibly is the result of early child-rearing patterns which must be examined.**

* 1. 

**We can only satisfy our needs by satisfying the pictures in our quality world.**

* 1. 

**All Total Behavior is chosen, but we only have direct control over the acting and thinking components?**

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Question 8

**2 Points**

According to Wubbolding, the “toxins” that contribute to creating the counseling relationship include all of the following except:

* 1. 

**A: Don’t encourage arguing**

* 1. 

**B: Don’t boss or blame**

* 1. 

**C: Don’t criticize**

* 1. 

**D: Don’t delve into the past**

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Question 9

**2 Points**

Which of the following “tonics” is **not** included in Wubbolding’s “Environmental Elements”?

* 1. 

**Attending skills and Humor**

* 1. 

**Attentiveness to Metaphor**

* 1. 

**Suspended Judgment**

* 1. 

**Sharing of Self**

* 1. 

**The Broken Record Technique**

* 1. 

**All of the above are considered “tonics”**

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Question 10

**2 Points**

Relative to social, cultural, and spiritual issues, which is true?

* 1. 

**The internal world, as discussed in reality therapy, is a reflection of external reality.**

* 1. 

**Some have questioned reality therapy’s lack of focus on external events.**

* 1. 

**Reality therapy has little popularity outside of the United States.**

* 1. 

**Reality therapy’s focus on external truth fits nicely with many religions.**

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**Additional content**

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**Details & Information**

* **Assessment due date**4/4/23, 1:59 AM (CDT)
* **Attempts**1 attempt left

**Grading**

**Maximum points**

20 points

Questions Filter (10)