

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Answer Key: Stoicism vs. Hedonism: 10th Grade Emotional Regulation Quiz

Evaluate how cognitive reappraisal and the 'Hedonic Treadmill' affect long-term mental health while analyzing varied psychological coping frameworks.

**1. A sophomore student consistently uses 'Cognitive Reappraisal' to handle academic setbacks. Which of the following best describes their internal process?**

**Answer:** B) Challenging and reframing the underlying meaning of a stressful event.

Cognitive reappraisal is an antecedent-focused emotion regulation strategy that involves changing the trajectory of an emotional response by reinterpreting the meaning of the emotional stimulus.

**2. The concept of \_\_\_\_\_ refers to the tendency of humans to quickly return to a relatively stable level of happiness despite major positive or negative events or life changes.**

**Answer:** C) The Hedonic Treadmill

The Hedonic Treadmill (or hedonic adaptation) explains why external achievements often provide only temporary boosts to mental well-being, highlighting the importance of internal resilience.

**3. True or False: According to the 'Diathesis-Stress Model,' mental health outcomes are determined solely by genetic predisposition regardless of environmental stressors.**

**Answer:** B) False

The Diathesis-Stress Model posits that mental health disorders result from a combination of a biological vulnerability (diathesis) and stressful life experiences (stress).

**4. In the context of emotional health, which term describes the ability to monitor one's own and others' feelings and use this information to guide thinking and action?**

**Answer:** D) Emotional Intelligence (EQ)

Emotional Intelligence involves four main branches: perceiving emotions, using emotions to facilitate thought, understanding emotions, and managing emotions.

**5. Viktor Frankl's psychological theory, known as \_\_\_\_\_, suggests that the primary motivational force of an individual is to find a meaning in life, even in suffering.**

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**Answer:** A) Logotherapy

Logotherapy focuses on the 'will to meaning' as opposed to the 'will to pleasure' or 'will to power' found in other psychological frameworks.

**6. True or False: 'Sublimation' is considered a mature defense mechanism where socially unacceptable impulses are transformed into socially acceptable actions or behavior.**

**Answer:** A) True

Sublimation (e.g., channeling anger into intensive physical exercise) is a high-level coping mechanism that allows for productive emotional processing.

**7. Which neurobiological process describes the brain's ability to reorganize itself by forming new neural connections in response to learning or experience after a period of chronic stress?**

**Answer:** B) Neuroplasticity

Neuroplasticity is the brain's capacity to change and adapt throughout life, proving that mental health habits can physically rewire the brain for better resilience.

**8. When an individual experiences a psychological conflict that is converted into physical symptoms (like a headache or stomach pain), they are experiencing \_\_\_\_\_.**

**Answer:** C) Somatization

Somatization is the manifestation of psychological distress as physical symptoms, illustrating the deep connection between emotional health and physical physiology.

**9. True or False: According to the concept of 'Locus of Control,' individuals with a high internal locus of control believe that their own actions determine their life outcomes.**

**Answer:** A) True

An internal locus of control is associated with higher levels of resilience and proactive stress management, as the person feels empowered to influence their environment.

**10. A person decides to utilize 'Radical Acceptance' when facing a situation they cannot change. What is the primary benefit of this Dialectical Behavior Therapy (DBT) skill?**

**Answer:** C) It prevents 'secondary suffering' by stopping the fight against reality.

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Radical Acceptance involves completely accepting reality as it is. While it doesn't remove pain, it prevents 'suffering' which is caused by the mental resistance to that pain.