

Name: _____ Date: _____

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?

- A. Suppressing all emotional responses to maintain a professional appearance.
- B. Challenging and reframing the underlying meaning of a stressful event.
- C. Seeking immediate gratification to offset the pain of the setback.
- D. Assigning blame to external factors to preserve their self-esteem.

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.

- A. Cognitive Dissonance
- B. Neuroplasticity
- C. The Hedonic Treadmill
- D. Self-Actualization

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

- A. True
- B. False

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?

- A. Interpersonal Intelligence
- B. Emotional Granularity
- C. Social Intuition
- D. Emotional Intelligence (EQ)

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.

- A. Logotherapy
- B. Behaviorism
- C. Psychoanalysis
- D. Gestalt Therapy

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

- A. True

Name: _____ **Date:** _____

B. False

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?

- A. Synaptic Pruning
- B. Neuroplasticity
- C. Cortisol Flooding
- D. Amygdala Hijacking

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

- A. Dissociation
- B. Regression
- C. Somatization
- D. Rationalization

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.

- A. True
- B. False

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?

- A. It eliminates the initial pain caused by the event.
- B. It turns unavoidable pain into manageable suffering.
- C. It prevents 'secondary suffering' by stopping the fight against reality.
- D. It allows the person to ignore the problem until it goes away.