

- D. Using "I" statements
- E. Avoiding confrontation at all costs

✓ **Answers: A, B, D**

**Rationale:** Assertive behavior includes steady eye contact, fluent speech, and ownership of feelings using "I" statements.

---

**6. Which boundary type blends one person's identity with another's?**

- A. Rigid
- B. Flexible
- C. Enmeshed
- D. Professional

✓ **Answer: C**

**Rationale:** Enmeshed boundaries involve blurred personal identities, making it hard to distinguish where one person ends and another begins.

---

**7. True or False: Assertiveness is a learned behavior.**

✓ **Answer: True**

**Rationale:** Assertiveness can be taught and practiced using behavioral techniques and cognitive strategies.

---

**8. What technique involves repeating the same response calmly and clearly?**

- A. Fogging
- B. Broken record
- C. Clouding
- D. Defusing

✓ **Answer: B**

**Rationale:** The "broken record" technique involves repetition of a statement to maintain your position calmly.

---

**9. Which of the following is NOT a technique used to promote assertive behavior?**

- A. Using sarcasm to express disagreement
- B. Using "I" statements
- C. Responding as a broken record
- D. Agreeing assertively

✓ **Answer: A**

**Rationale:** Sarcasm is linked to passive-aggressive behavior, not assertiveness.

---

**10. Thought stopping techniques were developed to:**

- A. Avoid conflict in relationships
- B. Distract patients from therapy
- C. Interrupt intrusive, negative thoughts
- D. Promote emotional suppression

✓ **Answer: C**

**Rationale:** Thought stopping helps break the cycle of negative thinking and replace it with positive alternatives.

---

**11. Which of the following are types of limits in psychiatric nursing? (Select all that apply)**

- A. Verbal limits
- B. Written contracts
- C. Passive suggestions
- D. Physical limits
- E. Ward rules

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