

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

Answer: 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. Weird rules

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Brandon Seifert

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CQ Weekly ,2009 Law Practice ,2004 *Safe Rigging Principles and Practices* Shankar Saran,2020-09-18 Any rigging activity is potentially very hazardous and complex The rigging team must therefore possess the necessary knowledge and skill to identify the specific safety hazards associated with the rigging job at hand and adopt appropriate rigging techniques for safe execution of the job This book deals exhaustively with the scientific principles and safe practices involved in rigging heavy loads As such it is a must read for all frontline managers and engineers who are primarily responsible for the safety of their teams involved in heavy rigging activities Middle and senior level management personnel will also appreciate the book s discussion of the extreme hazards and complexities involved in rigging activities **Puerto Rico Labor Laws and Regulations Handbook: Strategic Information and Basic Laws** IBP, Inc.,2016-10-02 Puerto Rico Labor Laws and Regulations Handbook Strategic Information and Basic Laws *The Nuremberg War Crimes Trial and Its Policy Consequences Today* Beth A. Griech-Polelle,2009 Towards the close of World War II world leaders had to address the question of what to do with alleged war criminals In 1945 an International Military Tribunal IMT was established to see that war criminals would face justice This collection of essay *Mexico Labor Laws and Regulations Handbook: Strategic Information and Basic Laws* IBP, Inc,2019-05-22 Mexico Labor Laws and Regulations Handbook Strategic Information and Basic Laws *Economic and Political Weekly* ,2006 *Jamaica Labor Laws and Regulations Handbook Volume 1 Strategic Information and Basic Regulations* IBP, Inc.,2018-02-14 Jamaica Labor Laws and Regulations Handbook Strategic Information and Basic Laws **C D A Journal** California Dental Association,2006-07 *United Arab Emirates Company Laws and Regulations Handbook- Strategic Information and Regulations* IBP, Inc.,2016-10-07 United Arab Emirates Company Laws and Regulations Handbook Strategic Information and Basic Laws Floor Covering Weekly ,2007 *The University of Michigan Law School Alumni Directory* University of Michigan. Law School,2007 **Veterinary News** ,2005 **The Indian Textile Journal** Sorabji M. Rutnagur,2013 **Manual of Credit and Commercial Laws** ,2009 **Universities Handbook** ,2014 **Witch Doctor: Malpractice #6 (Of 6)** Brandon Seifert,2013-04-24 This is it Doc Morrow s last stand against the forces making his life hell **Weekly Commercial News** ,1924 **The Literary Digest** ,1912
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