

- 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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Michael Brown

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