

# Multiple Choice Quiz

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**Good self esteem helps you to have what around others?**

- A.** Confidence
- B.** Optimism
- C.** Mood swings
- D.** Self-Concept

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**Having a positive attitude towards your future, means that you are...**

- A.** Resilient
- B.** Vibing
- C.** Optimistic
- D.** Confident

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**Self-awareness includes knowing about my...**

- A.** Strengths
- B.** weaknesses
- C.** Hobbies
- D.** All of the above

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**What is a “Need”?**

- A.** A boat
- B.** Flowers
- C.** Food
- D.** Clothes

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## Multiple Choice Question Infronsic Psychology

**Penney Upton, Dominic Upton**

## **Multiple Choice Question Infronsic Psychology:**

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