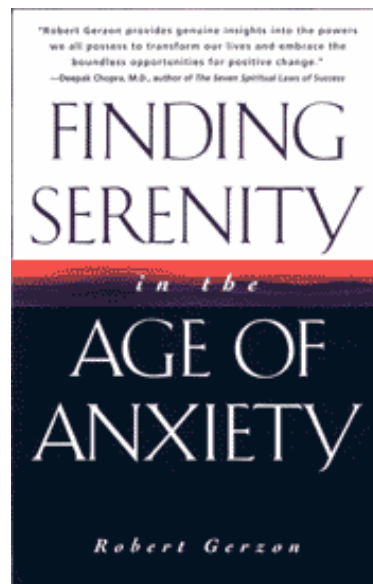




Home Study Continuing Education Program



Finding Serenity in the Age of Anxiety By Robert Gerzon, MA

Commonwealth Educational Seminars

Certification Exam

Finding Serenity in The Age of Anxiety

Select one response for each question below.

1. Toxic Anxiety is an unhealthy and counterproductive anxiety.

- a. True b. False

2. Natural Anxiety is an unrealistic and exaggerated anxiety.

- a. True b. False

3. Sacred Anxiety is a spiritual and existential anxiety.

- a. True b. False

4. The "Comfort Zone" represents a condition of maximum growth and awareness.

- a. True b. False

5. "Inner Talk" refers to an individual's cognitive process or inner dialogue.

- a. True b. False

6. Changing "I'm no good" to "I'm a good person" is an example of using the 180 Degree Technique.

- a. True b. False

7. One of the "Million Dollar Questions" is based on the understanding that even the most negative inner voice originally had a positive intention behind it.

- a. True b. False

8. Freud thought anxiety was of little importance in understanding a person's mental life.

- a. True b. False

9. Conscious regulation of the breath (such as slow, deep breathing) can be an effective technique for reducing anxiety.

- a. True b. False

10. Anxiety disorders are one of the most common mental health problems today.

- a. True b. False

11. The fear of success and the fear of being our true selves are examples of an existential form of anxiety called "Life Anxiety."

- a. True b. False

12. Turning the energy of anxiety into awareness and action is a dysfunctional response to anxiety.

- a. True b. False

13. The biological component of anxiety can only be treated through the use of pharmaceutical drugs.

- a. True b. False

14. Anxiety and depression are often closely related and can alternate in an "anxiety-depression cycle."

- a. True b. False

15. Acceptance, awareness, anticipation, assertion and action comprise the five steps of the A+ Formula.

- a. True b. False

16. Unresolved and untreated anxiety can fuel addictive behaviors.

- a. True b. False

17. Planning and visualization are positive alternatives to worry.

- a. True b. False

18. The fear of death is always absent during panic attacks.

- a. True b. False

19. One component of "Aristotle's Method for Mastering Anxiety" consists of feeling safe in the present moment.

- a. True b. False

20. Drawing a Life Map offers many of the same possibilities for insight as writing

- a. True b. False

21. The three steps to creating positive Inner Talk consist of introspection, information and investigation.

- a. True b. False

22. The capacity for anxiety is inherent in human consciousness.

- a. True b. False

23. Meditation and body awareness are occasionally helpful with depression but seldom useful in treating cases of anxiety.

- a. True b. False

24. Intimate relationships seldom cause anxiety because relationships provide security and love.

- a. True b. False

25. Clear, meaningful goals can provide motivation to move out of one's Comfort Zone and into one's Growth Zone.

- a. True b. False

26. Some of the factors contributing to creating the current Age of Anxiety include rapid technological change, economic uncertainty, information overload and a worldwide clash of cultural belief systems.

- a. True b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

27. I have completed all the requirements for this home study course without any assistance from others.

- a. True b. False

28. The author, Robert Gerzon, MA, was knowledgeable in the content area.

- a. True b. False

29. I am better able to utilize a simple yet comprehensive model for understanding and treating anxiety, distilled from modern cognitive psychology, existential philosophy,

- a. True b. False

30. I am better able to experience and use practical techniques for transforming anxiety into positive action that leads to personal growth.

- a. True b. False

31. I am better able to prevent anxiety symptom relapse.

- a. True b. False

32. The content of this course was appropriate for my profession.

- a. True b. False

33. The course information was relevant and can be applied to practice.

- a. True b. False

34. The course information contribute to achieving personal, professional goals.

- a. True b. False

35. I would recommend this program to others.

- a. True b. False

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- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
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- 3. Complete the test with a score of 75% or better.**
 - a. You may take it online if you wish.**

Please refer to the instructions on the next page of this test packet.
 - b. You may take the test more than once at no cost.**
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