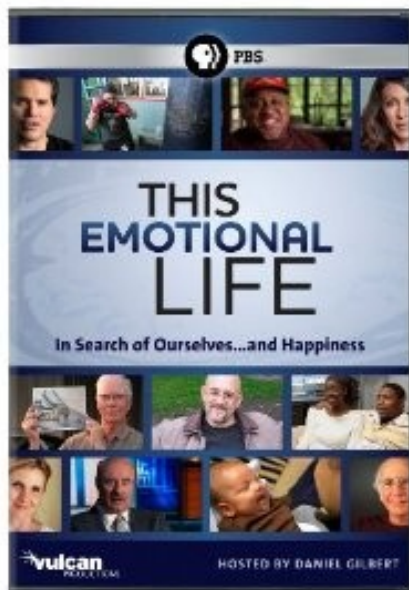




## Home Study Continuing Education Program



**This Emotional Life Video**  
**A: Family, Friends & Lovers**  
**B: Facing Our Fears**  
**C: Rethinking Happiness**  
**Six CE Hours credit**



# Home Study Program

## Instructions

1. Purchase/obtain the book or article.
2. Read the book or article.
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 registration page of the test packet.
  - b. You may take the test more than once at no cost.
4. Download the Certificate immediately.
5. If you are not taking the test online, please mail or fax the test to:

Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: 800) 376-3345 or email at  
[info@CommonwealthSeminars.com](mailto:info@CommonwealthSeminars.com)

**We are approved to offer Continuing Education credit for Social Workers, Psychologists, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol & Drug Abuse Counselors, LADCs (I-III), NAADAC members and additionally, in Massachusetts, RNs and LPNs.**



## Commonwealth Educational Seminars Certification Exam

### This Emotional Life: Happiness: Family, Friends and Lovers - Facing Our Fears - Rethinking Happiness

Select one response for each question below.

1. One answer to finding happiness lies in the success of our social relationships.

- a. True     b. False

2. Studies show the brain is not wired to connect with others.

- a. True     b. False

3. Like many animals, humans sometimes choose conflict over cooperation.

- a. True     b. False

4. Evidence has shown that couples who have children are less satisfied in their relationship than couples who don't have children.

- a. True     b. False

5. According to the presenter, relationship issues are the primary reason anybody seeks counseling in the United States.

- a. True     b. False

6. Emotions are never right or wrong. They are always right.

- a. True     b. False

This Emotional Life: Happiness: Facing Our Fears

7. Negative emotions are both our best friends and our worst enemies.

- a. True     b. False

8. Emotional regulation is understanding the process of how we can modify our emotions.

- a. True     b. False

9. Students who put their hand in the ice bucket after watching the slide show had much less recall of the images.

- a. True     b. False

10. Stress hormones strengthen the memory of the post traumatic stress syndrome stressor.

- a. True     b. False

11. What happens in exposure therapy is not new learning.

- a. True     b. False

12. The opposite of depression is not happiness. The opposite of depression is vitality.

- a. True     b. False

This Emotional Life: Happiness: Rethinking Happiness

13. People are excellent at predicting what will make them happy.

- a. True     b. False

14. People who suffer a wide range of traumas or injuries often recover emotionally more than they predicted.

- a. True     b. False

15. Adaptation is often something the mind does when there's nothing else it can do.

- a. True     b. False

16. There is no scientific evidence that suggests self-help techniques can cure cancer.

- a. True     b. False

17. Nature has designed us to feel the happiest when we're connected to others.

- a. True     b. False

18. If your friend becomes happy, it increases the probability that you will become happy by about 15%.

- a. True     b. False

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

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

a. True     b. False

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

a. True     b. False

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

a. True     b. False

22. The course information contributed to achieving personal, professional goals.

a. True     b. False

23. I would recommend this program to others.

a. True     b. False

**This Emotional Life: Happiness - All three parts - Family, Friends & Lovers -  
Facing Our Fears - Rethinking Happiness  
Certification Test**

**You may take this certification test online.**

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on "Take Your Test"**
- 3. Click on *This Emotional Life: Happiness - All three parts - Family, Friends & Lovers - Facing Our Fears - Rethinking Happiness* in the Videos listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.  
Please fill in the following information and Mail/fax it to:**

**Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648  
Fax: (508) 420-3360**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Telephone:** (\_\_\_\_) \_\_\_\_\_ **e-mail:** \_\_\_\_\_@\_\_\_\_\_

**I am seeking CE credit for the following profession(s):**

<b>Profession</b>	<b>License Number</b>	<b>State</b>
____ Psychologist (APA):	_____	_____

\_\_\_\_ Social Work (ASWB): \_\_\_\_\_

\_\_\_\_ Certified Counselor (NBCC): \_\_\_\_\_

\_\_\_\_ LMHC (NBCC): \_\_\_\_\_

\_\_\_\_ Drug/Alcohol Counselor/LADC:(NAADAC): \_\_\_\_\_

\_\_\_\_ Licensed Marriage/Family Therapist (NBCC): \_\_\_\_\_

**Certification Number:**

