

PART I QUIZ

1. Rosenberg's communication framework identifies four components of your thinking and speaking. TRUE or FALSE
2. Using these four components can help create a level of clarity that supports communicating and connecting with others. TRUE or FALSE
3. Which of the following sentences uses Observations, Feelings, Needs, and Requests?
 - a. "When I see you roll your eyes when I make a suggestion, I feel irritated because I want my contribution to matter. So, would you tell me what I said that prompted you to roll your eyes?"
 - b. "Seeing you talking, I feel some reluctance to interrupt, but I'm feeling some urgency to complete here so I can get home to my family. Would you be willing to shift to checking me out?"
 - c. When you rolled your eyes just now, are you frustrated because you want closure?
 - d. All of the Above
4. When someone shifts his or her attention from a judgment to an observation, that person often experiences a physiological shift. After each sentence below, designate whether it is an observation, TRUE or FALSE
 - a. She kept looking at her watch during our conversation. TRUE or FALSE
 - b. He yelled at me! TRUE or FALSE
 - c. He told me to re-write two sections of the report. TRUE or FALSE
 - d. She doesn't like spending time with me. TRUE or FALSE
 - e. He came in and spoke louder to me than I liked. TRUE or FALSE
 - f. He hates my work. TRUE or FALSE
5. What are the potential benefits of self-connection?
 - a. You have more choice in the decisions you make. TRUE or FALSE TRUE
 - b. Makes you into a stealth ninja fighter. TRUE or FALSE FALSE
 - c. More likely to act in alignment with your values. TRUE or FALSE TRUE
 - d. Less likely to regret your conduct. TRUE or FALSE TRUE
 - e. You will always get a reaction from others that you desire. TRUE or FALSE FALSE

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6. Which of the following are needs (as opposed to being strategies). TRUE or FALSE

- a. I need a car TRUE or FALSE
- b. I need intimacy TRUE or FALSE
- c. I need fun TRUE or FALSE
- d. I need to go to the movie TRUE or FALSE
- e. I need to go to the party TRUE or FALSE
- f. I need help TRUE or FALSE
- g. I need you to do this TRUE or FALSE
- h. I need care TRUE or FALSE
- i. I need you a new hairdo TRUE or FALSE

7. Insert TRUE following the feelings listed below, and FALSE following the FALSE feelings..

- a. Attacked TRUE or FALSE
- b. Scared TRUE or FALSE
- c. Angry TRUE or FALSE
- d. Insulted TRUE or FALSE
- e. Embarrassed TRUE or FALSE
- f. Manipulated TRUE or FALSE
- g. Pressured TRUE or FALSE
- h. Anxious TRUE or FALSE
- i. Resentful TRUE or FALSE
- j. Overwhelmed TRUE or FALSE
- k. Unappreciated TRUE or FALSE
- l. Sad TRUE or FALSE
- m. Frustrated TRUE or FALSE

8. Which of the following is not one of the three steps of the Self-Connection map?

- a. Needs
- b. Body
- c. Focus
- d. Breath

PART I QUIZ

ANSWERS

1. TRUE
2. TRUE
3. a, b, c
4. a, c, e
5. a, b, c, d
6. b, c, f, h
7. b, c, e, h, i, j, l, m
8. c

PART I QUIZ

ANSWERS

6.

- a. TRUE or FALSE
- b. TRUE or FALSE
- c. TRUE or FALSE
- d. TRUE or FALSE
- e. TRUE or FALSE
- f. TRUE or FALSE
- g. TRUE or FALSE
- h. TRUE or FALSE
- i. TRUE or FALSE

7.

- a. TRUE or FALSE
- b. TRUE or FALSE
- c. TRUE or FALSE
- d. TRUE or FALSE
- e. TRUE or FALSE
- f. TRUE or FALSE
- g. TRUE or FALSE
- h. TRUE or FALSE
- i. TRUE or FALSE
- j. TRUE or FALSE
- k. TRUE or FALSE
- l. TRUE or FALSE
- m. TRUE or FALSE

8. Which of the following is not one of the three steps of the Self-Connection map?

3.Focus