

## How to Recognize When It's Time to Get Support

Please complete the following quiz by selecting the most accurate response/answer to the statements and questions below:

1. Two main reasons people go to therapy:
  - a. eating disorders and stress
  - b. relationships and anxiety
  - c. anxiety and depression
  - d. mindfulness and stress
2. Anxiety and stress are the same thing.
  - a. True
  - b. False
3. Depression and being down are the same thing.
  - a. True
  - b. False
4. It's best to get support as soon as you notice typical functioning is being impaired or effected.
  - a. True
  - b. False
5. Which of the following is not a symptom of anxiety?
  - a. lack of concentration
  - b. lethargy
  - c. hypervigilance
  - d. racing thoughts
6. Racing thoughts is a symptom of depression.
  - a. True
  - b. False
7. There are more than 3 million cases of anxiety a year.
  - a. True
  - b. False
8. Which of the following is a symptom of both anxiety and depression?
  - a. irritability
  - b. sleeping too much
  - c. slowed thinking
  - d. self-blame
9. Anxiety and depression are on opposite ends of a spectrum.
  - a. True
  - b. False
10. Rumination is:
  - a. spreading rumors
  - b. recalling childhood memories
  - c. replaying situations over and over in your mind
  - d. angry outbursts
11. Secondary trauma is witnessing direct trauma.
  - a. True
  - b. False
12. Finding a therapist too early is not helpful.
  - a. True
  - b. False
13. Practicing awareness helps a person know what is going on in their body and mind.
  - a. True
  - b. False
14. One of the greatest misconceptions is that people have to manage their life concerns alone.
  - a. True
  - b. False
15. Secondary trauma is an indirect exposure to trauma through a firsthand account or narrative of a traumatic event.
  - a. True
  - b. False
16. Difficulty self-regulating is one sign it is time to see a therapist or get support.
  - a. True
  - b. False
17. Journaling is one \_\_\_\_\_ to help you work through feelings and traumatic experiences.
  - a. tool
  - b. strategy
  - c. exercise
  - d. all of these answers
18. Mindfulness is a form of meditation.
  - a. True
  - b. False
19. The therapeutic intervention called grounding is different than mindfulness.
  - a. True
  - b. False
20. Two great indicators that a therapist is a good fit are the therapist listens and understands, and you have a sense of hopefulness shortly after working with the therapist.
  - a. True
  - b. False

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- 1) Read the article on pages 20-21.
- 2) Answer the quiz questions on page 23. Each question has only one correct answer.
- 3) Send completed quiz along with this form and \$45 processing fee.

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