

Quiz for Experimental Condition
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Body Language

1. Indicate whether these statements are true or false based on the information you just studied by circling the best answer.

It is recommended that you:

- | | | |
|-----------------------------------|------|-------|
| a. Sit upright or leaning forward | True | False |
| b. Maintain constant eye contact | True | False |
| c. Avoid moving around | True | False |
| d. Nod to show you are listening | True | False |

2. Give two examples of inappropriate facial expressions.

a. _____

b. _____

Verbal Skills

3. Indicate whether these statements are true or false based on the information you just studied by circling the best answer.

It is recommended that you:

- | | | |
|--|------|-------|
| a. Only ask questions that require “yes” or “no” responses | True | False |
| b. Avoid saying things like “hmmm” and “uh-huh” | True | False |
| c. Try to look at the situation from your friend’s perspective | True | False |
| d. Change topics if your friend seems upset | True | False |

4. Give two examples of how you might state, name, or reflect back emotions your friend describes.

a. _____

b. _____

Support

5. Indicate whether these statements are true or false based on the information you just studied by circling the best answer.

It is recommended that you:

- | | | |
|--|------|-------|
| a. Talk about your own experiences if they are similar | True | False |
| b. Give advice in a supportive tone | True | False |
| c. Avoid reassuring your friend in a way that might minimize their situation | True | False |
| d. Say things like, "Try not to worry about it" | True | False |
| e. Avoid making judgments like, "I think it would be better for you to _____." | True | False |
6. Give one example of a way to point out your friend's strengths and two examples of validating your friend's emotions.
- a. Pointing out strengths: _____
- b. Validating: _____
- c. Validating _____