



Name of the Bundle	Intermediate bundle V1	Subject	Soft Skills
Topic	Anger and Stress Management	Last updated on	12 October 2024

Multiple Choice Questions on Anger and Stress Management:

1. What is anger?
 - a. A special skill
 - b. An emotional response
 - c. A physical action
 - d. A type of hobby

Ans: b. An emotional response

2. Who can experience anger?
 - a. Only some people
 - b. Only children
 - c. All people
 - d. Only adults

Ans: c. All people

3. Which of the following is true about anger?
 - a. It is only felt by a few people
 - b. It changes based on the situation
 - c. It does not affect emotions
 - d. It always feels the same for everyone

Ans: b. It changes based on the situation

4. Which feeling is a common trigger for anger?
 - a. Feeling powerful
 - b. Feeling understood
 - c. Feeling frustrated or powerless
 - d. Feeling calm

Ans: c. Feeling frustrated or powerless

5. What does it mean to feel invalidated?
 - a. Treated fairly
 - b. Treated with respect
 - c. Ignored or treated unfairly
 - d. Given attention

Ans: c. Ignored or treated unfairly



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6. What is an important step in dealing with anger?

- Ignoring your emotions
- Putting your feelings into words
- Acting out in anger
- Suppressing your thoughts

Ans: b. Putting your feelings into words

7. What should you do to understand your emotions when angry?

- Hide them
- Name the emotions
- Ignore the emotions
- Let others guess your feelings

Ans: b. Name the emotions

8. What is a recommended way to calm down when angry?

- Cool off and stay calm
- Yell at someone
- Keep focusing on the anger
- Over eat

Ans: a. Cool off and stay calm

9. Which strategy can help you manage anger?

- Using calming self-talk
- Blaming others
- Raising your voice
- Holding onto the anger

Ans: a. Using calming self-talk

10. What is the first phase of anger?

- Escalation
- Trigger
- Recovery
- Depression

Ans: b. Trigger

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11. Which phase follows the trigger in the anger cycle?

- a. Crisis
- b. Depression
- c. Escalation
- d. Recovery

Ans: c. Escalation

12. Which phase is the peak of anger, where emotions are most intense?

- a. Recovery
- b. Crisis
- c. Trigger
- d. Depression

Ans: b. Crisis

13. What happens after the crisis phase of anger?

- a. Trigger
- b. Depression
- c. Recovery
- d. Escalation

Ans: c. Recovery

14. Which phase involves feeling low or sad after experiencing anger?

- a. Trigger
- b. Escalation
- c. Crisis
- d. Depression

Ans: d. Depression

15. What should you do before you talk when you're angry?

- a. Yell at someone
- b. Think before you speak
- c. Think after you speak
- d. Ignore your feelings

Ans: b. Think before you speak

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16. How can exercise help in managing anger?

- a. It makes you hungry
- b. It helps to release tension
- c. It increases your anger
- d. It has no effect on anger

Ans: b. It helps to release tension

17. What is one way to prevent arguments when talking about feelings?

- a. Use 'you' statements
- b. Use 'I' statements
- c. Avoid discussing feelings
- d. Blame others

Ans: b. Use 'I' statements

18. What is a recommended way to relax when feeling angry?

- a. Practice relaxation skills
- b. Keep focusing on your anger
- c. Avoid calming exercises
- d. Engage in an argument

Ans: a. Practice relaxation skills

19. What should you focus on when identifying solutions to anger?

- a. Blaming others
- b. Finding possible solutions
- c. Ignoring the problem
- d. Letting the anger build up

Ans: b. Finding possible solutions

20. How can stress be described?

- a. A response to pressure
- b. A sense of joy
- c. A lack of tension
- d. A physical exercise

Ans: a. A response to pressure



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21. What type of emotions are experienced due to stress?

- a. Joyful emotions
- b. Painful emotions
- c. Exciting emotions
- d. Relaxing emotions

Ans: b. Painful emotions

22. What kind of tension does stress create?

- a. Physical or mental tension
- b. Only emotional tension
- c. No tension at all
- d. Fun and exciting tension

Ans: a. Physical or mental tension

23. What is a common cause of stress at work?

- a. Job security
- b. Job insecurity
- c. Friendly coworkers
- d. Relaxing work environment

Ans: b. Job insecurity

24. Which of these is a personal cause of stress?

- a. Family problems
- b. Having a balanced family life
- c. A positive family environment
- d. Personal achievements

Ans: a. Family problems

25. What is the benefit of positive stress?

- a. It distracts you
- b. It enables concentration
- c. It decreases focus
- d. It causes confusion

Ans: b. It enables concentration

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26. What does positive stress do to your energy levels?

- a. It drains your energy
- b. It energizes you
- c. It makes you feel tired
- d. It reduces excitement

Ans: b. It energizes you

27. What is a common effect of negative stress?

- a. Loss of motivation
- b. Increased motivation
- c. Enhanced creativity
- d. Improved focus

Ans: a. Loss of motivation

28. What problems can arise from negative stress?

- a. Physical and mental behavioral problems
- b. Improved mental health
- c. Increased physical strength
- d. Better emotional stability

Ans: a. Physical and mental behavioral problems

29. Which of the five A's of stress management involves standing up for yourself in a healthy way?

- a. Alter
- b. Assert
- c. Accept
- d. Adapt

Ans: b. Assert

30. What does the A 'Adapt' refer to in stress management?

- a. Ignoring stress
- b. Adjusting your response to stress
- c. Avoiding problems
- d. Complaining about stress

Ans: b. Adjusting your response to stress

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31. Which one of the five A's of stress management focuses on staying away from stress triggers?

- a. Accept
- b. Avoid
- c. Assert
- d. Adapt

Ans: b. Avoid

32. Which "A" of stress management involves making changes to reduce stress?

- a. Alter
- b. Avoid
- c. Accept
- d. Assert

Ans: a. Alter

33. How can setting limits help manage stress?

- a. It allows you to take on more tasks
- b. It prevents you from being overwhelmed
- c. It increases your workload
- d. It reduces your responsibilities completely

Ans: b. It prevents you from being overwhelmed

34. How can you manage devices to feel less stressed?

- a. By increasing screen time
- b. By limiting screen time and usage
- c. By using them constantly
- d. By relying on devices for relaxation

Ans: b. By limiting screen time and usage

35. When should you seek additional help for managing stress?

- a. Only when it's too late
- b. When you can't handle stress on your own
- c. When everything is fine
- d. After solving all problems

Ans: b. When you can't handle stress on your own

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