

CEU Test Questions on
Existential Resistance to Life: Ambivalence, Avoidance & Control
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Circle the correct answer and mail this answer sheet, with \$50 payment, to:
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1. On the polar spectrum of avoidance at one end and intrusive over-involvement at the other, the synthesis of the two is
 - a. *unboundaried radical connectedness*
 - b. indifference
 - c. ambivalence
 - d. worry

2. On the polar spectrum of ambivalence at one end and rigid intolerance for ambiguity, nuance or paradox at the other, the synthesis of the two is
 - a. avoidance
 - b. passionate commitment in the face of ambiguity
 - c. transcendence
 - d. self-assurance

3. On the polar spectrum of control at one end and abdication on the other, the synthesis of the two is
 - a. ego resiliency
 - b. nonattachment
 - c. passive aggression
 - d. personal power

4. The secondary gain of using resistance (and the resulting hardships and isolation) can be to
 - a. avoid challenge, intimacy or connection
 - b. have one's expectation that "life is always a struggle" reinforced
 - c. justify feeling stuck or claustrophobic in relationships
 - d. all of the above

5. "What we call normality in psychology is really a psychopathology of the average, so undramatic and so widely spread that we don't even notice it" is a quote from
 - a. Erik Erikson
 - b. Sigmund Freud
 - c. Abraham Maslow
 - d. Martin Seligman

6. An *existential embrace of life*, the antithesis of *existential resistance to life*, incorporates
 - a. meaning in life is found in the living of each moment
 - b. passionate commitment to one's purpose and one's relationships
 - c. openness to experience
 - d. all of the above

7. Victor Frankl used the term “paradoxical intention” to describe his observation that
 - a. we release dysfunctional aspects of ourselves by first fully accepting them
 - b. we can only see in others the traits that we most dislike in ourselves
 - c. no more we intend to heal our dysfunction, the less likely it becomes
 - d. trying harder to change habits only reinforces them
8. Carl Jung asserts that the synthesis of conscious and unconscious elements in the personality, that which unites the opposites - a mediator who makes one whole, a bringer of healing - is what symbol?
 - a. the hero
 - b. the child
 - c. the shadow
 - d. the animus
9. Ego resiliency is the ability to
 - a. hold two incompatible beliefs simultaneously
 - b. respond flexibly but also persistently to challenges
 - c. maintain self-esteem in the face of judgment and rejection from others
 - d. acknowledge self-limitations
10. Ego resiliency requires periodic loosening, an experience of unburdening itself in a relaxation of the inevitable tensions and inhibitions of living.
 - a. Otto Rank called this experience “unravelling the ego structure”
 - b. Wilhelm Reich called this experience “ego chill”
 - c. Donald Winnicott called this experience “unintegration”
 - d. both a and c are true
11. The avoidant individual usually develops an ego identity that is
 - a. *identity-diffused*
 - b. *identity in moratorium*
 - c. *identity-foreclosed*
 - d. *identity-achieved*
12. The ambivalent individual usually develops an ego identity that is
 - a. *identity-diffused*
 - b. *identity in moratorium*
 - c. *identity-foreclosed*
 - d. *identity-achieved*
13. The controlling individual usually develops an ego identity that is
 - a. *identity-diffused*
 - b. *identity in moratorium*
 - c. *identity-foreclosed*
 - d. *identity-achieved*
14. Two predominant forms of taking control are
 - a. controlling-punitive and controlling-restrictive
 - b. controlling-punitive and controlling-inhibitive
 - c. controlling-punitive and controlling-caregiving
 - d. controlling-caregiving and controlling-restrictive

15. William Emerson suggests that at the time of saying the “Final Goodbye” to spirit world before conception into earthly life, common experiences include:
- a. *Divine homesickness*
 - b. *Divine exile*
 - c. *Regretful choice*
 - d. all of the above
16. The earliest appearance of one’s tendency to existential defense through avoidance, ambivalence or control is
- a. choice to transition from the spirit world to earthly life
 - b. conception
 - c. birth
 - d. infancy
17. The greatest fear of the avoidant personality, of the ambivalent personality, and of the controlling personality is:
- a. loss of connection (*abandonment*), loss of self (*annihilation*), and loss of order (*abandonment*)
 - b. loss of self (*annihilation*), loss of connection (*abandonment*), and loss of order (*abandonment*)
 - c. loss of order (*abandonment*), loss of self (*annihilation*), and loss of connection (*abandonment*)
 - d. loss of connection (*abandonment*), loss of order (*abandonment*), and loss of self (*annihilation*)
18. In clinical practice, it is very helpful to recognize that
- a. resistance invites struggle
 - b. struggle strengthens resistance
 - c. resistance can often be used as an opening into the client’s defenses
 - d. all of the above
19. Changes in attachment style through the mediation of psychotherapy generally occur in the direction of insecure to secure:
- a. ambivalent status through avoidant status toward secure status
 - b. avoidant status through ambivalent status toward secure status
 - c. avoidant status through controlling status toward secure status
 - d. ambivalent status through controlling status toward secure status
20. Regarding the balance or imbalance of *libido* energy (attraction and openness to life and growth) and *mortido* energy (withdrawal, disintegration, and resistance to life and growth),
- a. avoidance is the *denial* of the libido and mortido drives
 - b. ambivalence is the *stalemate* between the libido and mortido drives
 - c. control is the *defiance* of the libido and mortido drives
 - d. all of the above

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