



Negative Talk is like Verbal Scorpions

Answer Booklet

- 1) What are the characteristics of a scorpion?
 - a) Slip through cracks
 - b) Fast
 - c) Poisonous
 - d) Cause complications
 - e) All of the above
- 2) Why is negative talk like emotional scorpions?
 - a) Slip through cracks
 - b) Act like verbal poison
 - c) Cause complications in our thoughts
 - d) All of the above
- 3) What are some ways to get caught in negativity?
 - a) Being happy
 - b) Being positive
 - c) Being grateful
 - d) Exposing ourselves to poisonous influences
- 4) How does negativity spread?
 - a) Protecting yourself
 - b) Choosing positive influences
 - c) Spending lots of time exposed to negativity
 - d) Avoiding negativity in self and others
- 5) What are the characteristics of an optimistic person:
 - a) Negative frame of mind
 - b) Optimistic tone in their voice
 - c) Speak poorly of others
 - d) Positive, optimistic, speaking well of others
- 6) Which of the following describes both a pessimistic and an optimistic perspective?
 - a) Positive
 - b) Encouraging
 - c) Refreshing
 - d) Contagious
- 7) Is protecting oneself emotionally important to emotional well being?
 - a) Yes
 - b) No
 - c) Depends
 - d) I'm not sure
 - e)



- 8) Which does not influence how one feels about the world?
- a) People
 - b) Music
 - c) Television and movies
 - d) Magazines and newspapers
 - e) None of the above
- 9) Which is not a warning sign that poison has entered into the mind, and is on the way to the heart?
- a) Being upbeat
 - b) Not recognize blessings
 - c) Being ungrateful
 - d) Being defamatory or judgemental

1e, 2d, 3d, 4c, 5d, 6d, 7a, 8e, 9a