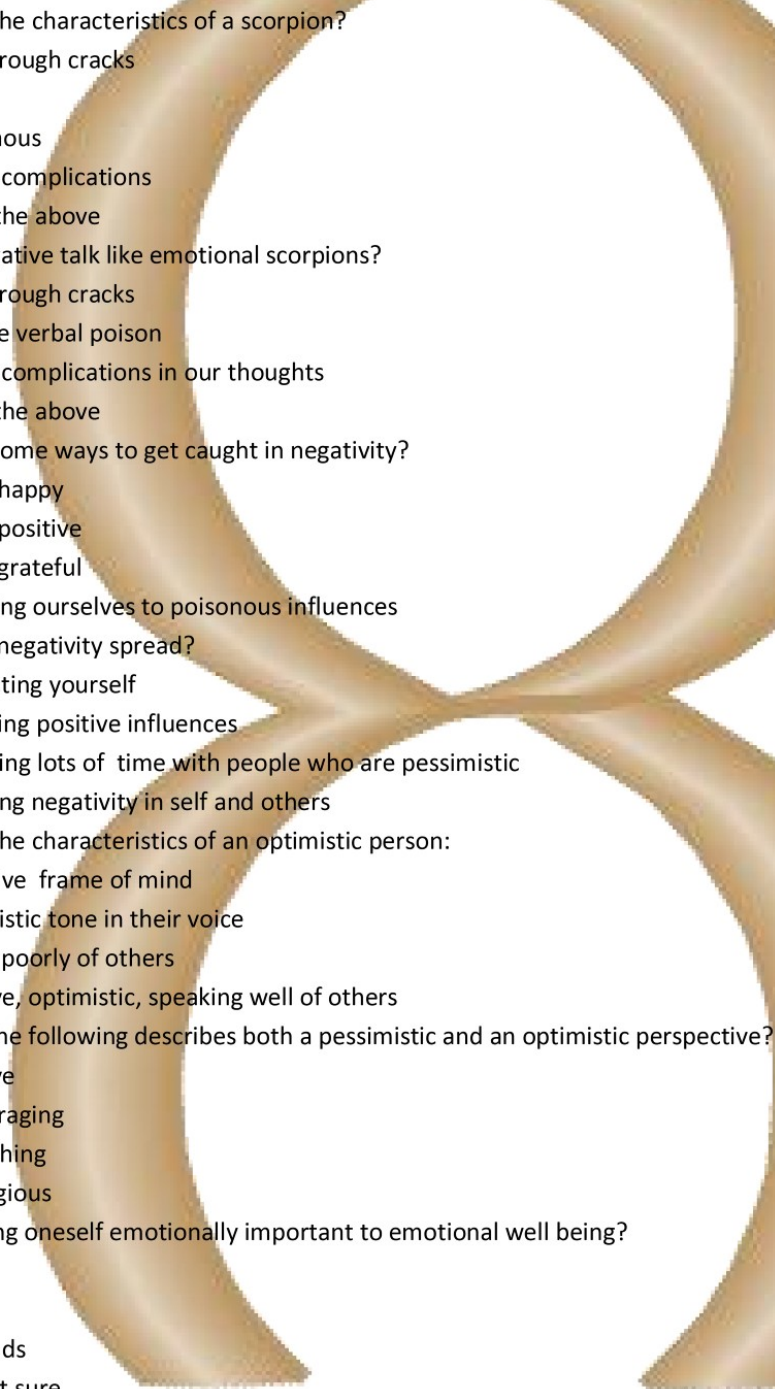




Negative Talk is like Verbal Scorpions

Question Sheet

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- 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 with people who are pessimistic
    - 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



- 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