

Laura Duran

DD MM AA

• Which one is not a source of stress?

- a. parents getting divorced
- b. not having enough time
- c. having high marks
- d. parents losing their jobs

• Which one is not a symptom of stress?

- a. terrible feeling in your stomach
- b. Sweaty hands
- c. No appetite
- d. Sleeping well

• Which one is not a possible help for stress?

- a. meditating
- b. praying
- c. Thinking about the problem
- d. appreciating nature

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• Which one is a way to care for other people?

- a. forgetting their birthday
- b. Keeping in touch**
- c. not sharing time with them
- d. not listening to them

• Which one is an example of assertive communication?

- a. Hey! Close the door!
- b. Shut up!
- c. Could you help me, please?**
- d. I can't, I'm busy

• Which one can be an assertive response to 'Shut up!'?

- a. Close your mouth!
- b. Can you please be quiet?**
- c. Please, shut up!
- d. Silence

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• Which one can be an assertive response for 'I can't, I'm busy'?

- a. Forget it!
- b. No.
- c. I'm sorry, but I can't. I have to help my mum**
- d. No way!

• Choose an assertive negative response to an invitation to the cinema

- a. No way!
- b. No, I can't
- c. Thanks, but I'm afraid I can't**
- d. Are you crazy?

• Which one is NOT a compliment?

- a. You can do it better
- b. You are so smart
- c. I love the way you dance**
- d. You're so good at painting

• 'You are one of a kind' is —

- a. an invitation
- b. an excuse**
- c. an insult
- d. a compliment