

## PRE-QUIZ FOR CHAPTER 10

10-1. When control originates with the conscious self, and when that control takes place in the context of gaining self-understanding and exerting it for self-improvement:

- a. that control can be labeled “a dynamics of self control”
- b. that control is most often a complete illusion
- c. that dynamic is best labeled a “dynamic of action”
- d. that dynamic is best labeled a pathogenic psychic structure

10-2. The most important feedback loop for psychological control is probably the:

- a. symmetrical feedback loop
- b. positive feedback loop
- c. negative feedback loop
- d. singular feedback loop

10-3. "Consciousness can jump from one memory network to another memory network that has been split off". Evidence for this depends on:

- a. reports of individuals undergoing brain surgery
- b. demonstrations of hypnotic amnesia
- c. case studies of schizophrenics
- d. none of the above: there is no evidence for it.

10-4. Suppression means:

- a. combining motivations
- b. repressing something a second time
- c. consciously blocking out unwanted thoughts
- d. denying that an action took place

10-5. In Michel's now classic study of delay of gratification in children, in order to delay their eating a treat right away, children:

- a. covered their eyes with their hands, or rested their heads in their hands, or went to sleep
- b. invented elaborate tapping games with their hands and feet to create a rhythm to distract themselves.
- c. talked animatedly to themselves, other sang songs aloud.
- d. all of the above