

PSYCHOPHYSIOLOGY

BND-101

FINAL EXAMINATION

PART I

QUESTIONS & ANSWERS: Please answer all questions in complete sentence format. **TYPE** your prose answers on **SEPARATE** paper and **TITLE** all pages “**FINAL EXAMINATION: PART I.**” Please match your answer and question numbers in sequential order and then attach them to PART I before you send in your Final Examination.

- (1) Define both of these terms: “Fictional Self” and “Authentic Self.”
- (2) Define advantages and disadvantages between living as your “Fictional Self” and living as your “Authentic Self.”
- (3) Give four examples of situations and human behavior that demonstrate the saying: “If you choose the behavior, you choose the consequences.”
- (4) What are the “Five Controlling, Internal Factors”? Define each one.
- (5) What are the “Ten Defining Moment Questions”? Describe “One Defining Moment” in your life. How old were you?
- (6) To establish how a Defining Moment adversely affected a person at the time or continues to negatively affect a person in present time, what are the four questions that must be answered? Apply these four questions to your “One Defining Moment” in (5) above
- (7) What are the seven questions that you may ask concerning the Critical Choices you have made in your life? Ask and answer each question. Use your One Defining Moment from (5) above, and the resulting Critical Choice you had to make, as your example.

- (8) What are the "Seven Reasons We Choose"? Define each reason. Explain how each reason affected the Critical Choice for your "One Defining Moment" in (5) above?
- (9) What areas of life can one have "Defining Moments"? List as many as possible.
- (10) For each age bracket: 1-5, 6-12, 13-20, 21-38, 39-55, 56+, pinpoint and then describe your "One Defining Moment." Answer the following seven items for each of the six age brackets.
 1. What was the choice?
 2. Why did you make it?
 3. What alternatives did you give up in making this choice?
 4. Where were you in terms of your "self-concept" immediately thereafter, in making this choice?
 5. What were the long-term, residual effects of that "Critical Choice" you made?
 6. How and why do you think "Critical Choices" either clarified or distorted your "Authentic Self"?
 7. Review your interpretation and reaction of that "Critical Choice," and decide if you believe your interpretation was accurate and in your best interest.
- (11) List the "Five Pivotal People" who had major influences in your life.
- (12) List and define the "Five Categories of Internal Activity."
- (13) What are the "Three Identities of Your Locus of Control"?
- (14) What is "Distorted Perception" like? List five or more characteristic ways our perception can be distorted.
- (15) How do "Filters" work?
- (16) What are two "Self-concept Test Statements."?
- (17) What are five characteristics of your "Internal Dialogue"?
- (18) What are the "Negative Costs" of your "Internal Dialogue" (no less than five results)?
- (19) "Payoffs"! What are three whys and three statements relative to "Payoffs"?
- (20) What are five characteristic statements of "Positive Internal Dialogue"?

- (21) What are ten “Self-Observation Questions” you need to address concerning your Internal Dialog?
- (22) What are ten statements that help you to define what and who are “Labels”?
- (23) What are ten statements or definitions of what “Tapes” are and what they do?
- (24) How can you identify your own “Tapes? List five questions or courses of action that can be used to identify your own “Tapes.”
- (25) What four questions will help you assess your own “Tapes”?
- (26) What is the definition of the term: “Fixed Beliefs”?
- (27) What are five characteristics of “Fixed Beliefs”?
- (28) How is the term, “Scripts,” defined?
- (29) What are “Five Script Questions” you need to ask yourself?
- (30) What questions and recollections will help you assess your “Script”? Name five!
- (31) Perform a “Script Exercise.” What are five important questions to ask?
- (32) Which questions do you need to ask and what statements do you need to project while trying to connect the dots?
- (33) What statements about our “self” must we accept, before we can put the “Five Step Action Plan to Work”?
- (34) What have you learned about your “Self-Concept”? List three realization statements!
- (35) What are the “Five Internal Factors” that determine how you internalize and define each factor?
- (36) What consequences result from failing to live within your “Authentic Self”?
- (37) What are the “Five Steps” of the “Five Step Plan” for developing your “Authentic Self”? Define each.

- (38) List the “Five Steps” of the “Five Step Plan,” and then put the Plan to work by supplying five questions for each Step!
- (39) How is the term, “Sabotage,” defined?
- (40) What “Four Basic Sabotage Destructive Patterns” can others impose on you? Define each pattern!
- (41) What is the “DNA” of your personality? Why is it so important for you to know your personality’s “DNA”?

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PART II

TRUE OR FALSE: Please circle the correct answers on the Answer Sheets ONLY, found on the last page of this FINAL EXAMINATION PART II.

- (1) “Authentic-self” says! “Tomorrow should never be filled with yesterday’s regrets!”
- (2) “Authentic-self” says! “It’s not how you start but how you finish that counts!”
- (3) “Authentic-self” says! “Control instead of being controlled!”
- (4) “Authentic-self” says! “Demystify your past life experiences, and identify with clarity your purpose in life, and learn to control rather than be controlled by them!”
- (5) “Authentic-self” says! “I’m a source of passionate, truthful information and identity!”
- (6) “Authentic-self” says! “I will live in the Present and Now, and not in the Past!”
- (7) “Authentic-self” says! “Self is not controlled by the Past Life Events, but controls and lives in the Now time continuum!”
- (8) “Authentic-self” says! “I will seek the truth to set myself free of the bondage of my self-deceptions!”
- (9) “Authentic-self” says! “I’m a selfless, passionate hero of a cause greater than I am!”

- (10) "Authentic-self" says! "You will know the truth, and the truth will set you free!"
- (11) "Authentic-self" says! "Living faithlessly to your Authentic-self creates a restless, angry, bitter, hateful, empty self!"
- (12) "Authentic-self" says! "Excuses blind the mind of the unbeliever!"
- (13) "Authentic-self" says! "Let go of your mindless dance of self-destruction!"
- (14) "Authentic-self" says! "Denying who you are will kill you!"
- (15) "Authentic-self" says! "Only the facts me, only the facts."
- (16) "Authentic-self" says! "Acknowledge your passions, or you will be living somebody else's!"
- (17) "Authentic-self" says! "I can't change the world, but I can sure change me!"
- (18) "Authentic-self" says! "Your lies become your truths!"
- (19) "Authentic-self" says! "You can live truthfully happy or liefully sad!"
- (20) "Authentic-self" says! "This moment may be our last dance!"
- (21) "Authentic-self" says! "Not to choose is a choice we need to own!"
- (22) "Authentic-self" says! "Stop dancing for the world and start dancing for yourself!"
- (23) "Authentic-self" says! "Examine your heart so you may know where to start!"
- (24) "Authentic-self" says! "Authentic-self is all you can offer the world!"
- (25) "Authentic-self" says! "Climb out of your comfort zone!"
- (26) "Authentic-self" says! "Your fear is lying to you!"
- (27) "Authentic-self" says! "Nature moves in an upright direction!"
- (28) "Authentic-self" says! "Change your behavior, and others will change their response!"

- (29) "Authentic-self" says! "We must rise above our raising!"
- (30) "Authentic-self" says! "I am beautiful! See!"
- (31) "Authentic-self" says! "Knowledge is power, Authentic powers!"
- (32) "Authentic-self" says! "We internalize external experiences!"
- (33) "Authentic-self" says! "Failure messages beget failure responses!"
- (34) "Authentic-self" says! "The future is now!"
- (35) "Authentic-self" says! "We are blind victims of our Fictional Selves."
- (36) "Authentic-self" says! "Choice embraces the future!"
- (37) "Authentic-self" says! "If it's important to you, it's important, period!"
- (38) "Authentic-self" says! "Fictional-self endures, while Authentic-self cries out for freedom of self-expression!"
- (39) "Authentic-self" says! "Find your passion, or you are just killing time!"
- (40) "Authentic-self" says! "My creativity will be there in time of need!"
- (41) "Authentic-self" says! "Not acting is a choice you need to own!"
- (42) "Authentic-self" says! "Ask yourself why you sing for so many masters?"
- (43) "Authentic-self" says! "Erupt your passionate Authentic-self!"
- (44) "Authentic-self" says! "Never take ownership of someone else's emotional pathology!"
- (45) "Authentic-self" says! "Negative history changes the positive self. Watch out! 'self' is not lost!"
- (46) "Authentic-self" says! "Stay committed to thyself!"
- (47) "Authentic-self" says! "You must identify your emotional chain links!"

- (48) “Authentic-self” says! “Fail me! Fail you! Fail me!”
- (49) “Authentic-self” says! “Your gifts and abilities must be expressed to the world, or you will suffer an untimely, emotional death!”
- (50) “Authentic-self” says! “Forgiveness equals closure!”
- (51) “Authentic-self” says! “If your ship doesn’t come in, swim out to it!”
- (52) “Authentic-self” says! “Competition should be replaced by co-operation!”
- (53) “Authentic-self” says! “Life’s dance is but for only a short time, so learn to enjoy every step!”
- (54) “Authentic-self” says! “The world is within you!”
- (55) “Authentic-self” says! “Never compromise in anger!”
- (56) “Authentic-self” says! “There are times when we are powerless but not spiritless!”
- (57) “Authentic-self” says! “To thy’ne own self be true!”
- (58) “Authentic-self” says! “I have met the enemy! It’s me!”
- (59) “Authentic-self” says! “Self-betrayal is the ultimate betrayal!”
- (60) “Authentic-self” says! “Ask yourself why you continue to be at the bottom of your priorities?”
- (61) “Authentic-self” says! “You cannot change what you do not acknowledge!”
- (62) “Authentic-self” says! “Authentic-self” potentiates (to endow with power), endows (provides), and empowers (gives ability to) the core of your very soul!”
- (63) “Authentic-self” says! “Identify your past experiences, so you can stop being the victim of your own mind!”
- (64) “Authentic-self” says! “Beauty is in the eyes of the beholder. Why in the world would you give your power away to some random beholder?”

- (65) "Authentic-self" says! "If you choose the behavior, you choose the consequence!"
- (66) "Authentic-self" says! "The past reaches into the present and programs the future!"
- (67) "Authentic-self" says! "Pain and rejection distort your internal facts and truths!"
- (68) "Authentic-self" says! "Empowerment is able to distill your life force to a positive, single focus!"
- (69) "Authentic-self" says! "Fictional-self is a source of wrong information and identity, much like a broken compass!"
- (70) "Authentic-self" says! "You cannot choose, because 'not choosing' is a choice that programs you from the inside out!"
- (71) "Authentic-self" says! "Core-self demands to be passionately expressed!"
- (72) "Authentic-self" says! "Memories, good or bad, shape your self-concepts!"
- (73) "Authentic-self" says! "I seldom am able to see an opportunity until it had ceased to be one!"
- (74) "Authentic-self" says! "We must distinguish between what we choose and what we choose to choose!"
- (75) "Authentic-self" says! "Go along to get along is a Fictional-self!"
- (76) "Authentic-self" says! "Cruelty and pain are not legitimate, teaching tools. The tuition is too high!"
- (77) "Authentic-self" says! "We must be at the top of the list of all pivotal people in our lives!"
- (78) "Authentic-self" says! "You can't change your history, but you can certainly change your response!"
- (79) "Authentic-self" says! "You respond not to what happens in the world, but to your interpretation of it!"

- (80) "Authentic-self" says! "Writing down self observations externalizes your internal events!"
- (81) "Authentic-self" says! "Faulty perception can become normal behavior!"
- (82) "Authentic-self" says! "You are you letting that 'mean jerk' pound on you?" I mean you!"
- (83) "Authentic-self" says! "Negatives threaten our self-preservation!"
- (84) "Authentic-self" says! "Negative history changes who you are. Don't join the critics!"
- (85) "Authentic-self" says! "Your past may ignore present and future, endless, positive possibilities!"
- (86) "Authentic-self" says! "Test all self-perceptions!"
- (87) "Authentic-self" says! "Life is a chain of memories and emotional, connective links that you must identify!"
- (88) "Authentic-self" says! "Chains control and take your freedom away!"
- (89) "Authentic-self" says! "New behaviors beget new behaviors!"
- (90) "Authentic-self" says! "I was born an original, and I may die a copy!"
- (91) "Authentic-self" says! "Fictional-self denies your gifts, self-expressions, passions, and purpose in life!"
- (92) "Authentic-self" says! "Keep an open mind and heart to change how you feel, think and behave!" Like politicians would say: "I feel strongly both ways!"
- (93) "Authentic-self" says! "If you can't fight'em, detach!"
- (94) "Authentic-self" says! "Where there's light, there is no darkness!"
- (95) "Authentic-self" says! "Childhood stories sometimes epitomize our lives!"

- (96) "Authentic-self" says! "Do what you love; do what you have passion for. Only then will you come out of your 'emotional coma'!"
- (97) "Authentic-self" says! "No one makes you feel inferior but yourself!"
- (98) "Authentic-self" says! "The best place to find a helping hand is at the end of your arm!"
- (99) "Authentic-self" says! "You must change guilt-inducing dialogue!"
- (100) "Authentic-self" says! "There will be two dates on your tombstone, and all your friends will read'em, but all that's gonna matter is that little dash in between them!"
- (101) "Authentic-self" says! "Careless confidence is more dangerous than calculated risks!"
- (102) "Authentic-self" says! "Back to same 'old grind' is mental self history masturbation!"
- (103) "Authentic-self" says! "Your history predicts your future!"
- (104) "Authentic-self" says! "Develop an AAA response ('Authentic, Alternative Response')!"
- (105) "Authentic-self" says! "Identify and execute your MER ('Minimal Effective Response')!"
- (106) "Authentic-self" says! "The amount of work performed by Fictional or Authentic-self requires the same amount of effort!"
- (107) "Authentic-self" says! "To speak ill of others is a dishonest way of praising ourselves!"
- (108) "Authentic-self" says! "If a blind man follows a blind man's concepts, then both will fall into the same pit of self-deception!"
- (109) "Authentic-self" says! "Your creativity resides in the stratosphere of unfamiliar fields of endless potentialities!"

- (110) “Authentic-self” says! Ask yourself, “does insisting to be right, put you in harm’s way?”
- (111) “Authentic-self” says! “Procrastination is mental masturbation (‘Self-defilement,’ and ‘self-erotic gratification’)! ”
- (112) “Authentic-self” says! “Procrastination postpones “Authentic-self” and makes the heart grow weak, inhibiting positive changes in one’s life!”
- (113) “Authentic-self” says! “Like a faithful steward, you have the sacred obligation to identify and exercise the gifts God has entrusted to you!”
- (114) “Authentic-self” says! “Dr. Phil wrote *Self Matters*!?”
- (115) “Authentic-self” says! “Dr. McGraw dedicated this book to his wife Robin!”