1. “Positive neuroplasticity” generally means the capacity of the nervous system to have its function or structure changed for the better by beneficial experiences.
   TRUE   FALSE

2. What is the practice of positive neuroplasticity?
   A. The art of seeing only positive things
   B. The fleeting activation of positive experiences
   C. The deliberate internalization of beneficial experiences in implicit memory
   D. All of the above

3. What are ways to engage challenges on the basis of the “Responsive” mode (as it is termed in this program)?
   A. By accepting your inner world as it is
   B. By opening to, and taking in a growing sense of peace, contentment, and love
   C. By centering and grounding yourself
   D. All of the above

4. People in which occupational categories may find it useful to teach or help others to internalize beneficial experiences?
   A. Therapists, counselors, coaches, mindfulness trainers, healthcare providers
   B. Educators
   C. Yoga teachers, body work providers
   D. All of the above

5. It is generally not possible to have and internalize beneficial experiences while interacting with others.
   TRUE   FALSE

6. In teaching or helping others to internalize beneficial experiences, it is generally useful to be able to:
   A. Explain the practice of positive neuroplasticity
   B. Guide others in the practice of positive neuroplasticity
   C. Embody the practice of positive neuroplasticity
   D. All of the above

7. The practice of positive neuroplasticity is not:
   A. An effort to deny or ignore negative experiences or suffering
   B. An effort to cherry-pick the objects of attention to see only pleasant things
   C. A rationale for telling others to suppress their pain
   D. All of the above

8. “Experience-dependent neuroplasticity” means essentially the capacity for or process of changing neural structure or function through having experiences.
   TRUE   FALSE

9. As described in this program – the Professional Course in Positive Neuroplasticity (PC) – the HEAL process involves Having, Enriching, and Absorbing beneficial experiences, and (optionally) Linking them to painful or harmful psychological material.
   TRUE   FALSE

10. Why is the fourth step of the HEAL process optional?
    A. Because the HEA steps are a necessary and sufficient condition for learning
    B. Actually, the Link step is essential for lasting healing and growth. To say it is optional is incorrect.
    C. Because the negative material engaged in the Link step can be too distracting or overwhelming for a person
    D. A and C

11. The HEAL process can be used to develop specific psychological resources aimed at particular issues.
    TRUE   FALSE

12. The repeated stimulation of particular neural regions or networks tends to strengthen them.
    TRUE   FALSE

13. Trait resilience is entirely innate, based completely on genetically determined factors.
    TRUE   FALSE

14. Psychological resources can operate as momentary states independent of underlying traits.
    TRUE   FALSE

15. Trait psychological resources – informally termed “inner strengths” in the PC – can be developed through the internalization (i.e., neural encoding, consolidation, and reconsolidation) of state resources.
    TRUE   FALSE

16. Trait positive emotions are pleasant but because of the hedonic treadmill, in general they do not increase coping and the recovery from painful experiences.
    TRUE   FALSE

17. Akin to the difficulty in seeing one's own eyes, it is difficult if not impossible to recognize inner strengths in oneself.
    TRUE   FALSE

18. It is possible to recognize inner strengths in others.
    TRUE   FALSE
19. As taught the PC, which three types of factors tend to shape a person's course over time?
A. Stress, epigenetics, and aging
B. Crises, attachment classification, and social class
C. Challenges, strengths, and resources
D. Challenges, vulnerabilities, and resources

20. These three types of factors that shape a person's course can be located in the:
A. World
B. Body
C. Mind
D. All the above

21. It is possible to consider a stance of benevolence toward oneself to be ethical or moral.
   TRUE FALSE

22. As an overarching conceptual framework in the PC, the needs of animals (including humans) are organized in terms of:
A. Safety
B. Satisfaction
C. Connection
D. All of the above

23. In humans, an underlying sense of deficit or disturbance in the fulfillment of our needs tends to mobilize drive states, often with associated feelings of fear, frustration, or hurt.
   TRUE FALSE

24. In humans, the repeated internalization of experiences of needs being met tends to develop psychological resources for meeting those needs in the future.
   TRUE FALSE

25. A receptive intimacy with experience is at odds with in the HEAL process.
   TRUE FALSE

26. The HEAL process is no substitute for professional treatment of mental or physical health conditions.
   TRUE FALSE

27. There is little variation in individual learning curves, including emotional, somatic, and motivational learning.
   TRUE FALSE

28. The deliberate application of attention to a beneficial stimulus or experience is an example of agency inside one's own mind.
   TRUE FALSE

29. As individuals learn how to learn, their rate of learning may accelerate.
   TRUE FALSE

30. Potentially profound aspects of the practice of positive neuroplasticity discussed in the PC include:
A. A growing recognition of that which is wholesome or beneficial in oneself, others, and the world
B. The development of the capacity to meet life's challenges with a strong internal sense of fullness and balance rather than deficit and disturbance
C. Strengthening qualities of kindness and support for oneself
D. All of the above

31. In the PC, it is said that there are three fundamental ways to engage one's mind skillfully, described as:
A. Bare witnessing, willpower, asking for help
B. Insight into the unconscious, control of the id, mindsight
C. Being with what's there, reducing the negative, growing the positive
D. Lovingkindness, mindfulness, and cultivation

32. If these three ways to engage the mind were described metaphorically in terms of a garden, which of them would be most descriptive of the HEAL process?
A. Pulling weeds
B. Witnessing the state of the garden
C. Planting flowers
D. The weather in which you're working

33. Since mindfulness is receptive and "choiceless," one cannot be both mindful and making efforts to reduce what is painful or harmful in one's mind.
   TRUE FALSE

34. When using the HEAL process with others, one could:
A. Do it implicitly with them
B. Teach it explicitly and encourage others to use it on their own
C. Do it explicitly with them
D. All of the above

35. When using the HEAL process in trainings, one could:
A. Teach it explicitly and encourage participants to use it in the training on their own
B. As appropriate, do it implicitly during the training
C. As appropriate, encourage participants to use it between training sessions to reinforce and deepen learning during the training
D. All of the above

36. In principle, one could use the practice of positive neuroplasticity to increase which factors of mindfulness:
A. Self-compassion
B. Distress tolerance for painful experiences
C. Meta-cognitive awareness of the movements of attention
D. All of the above
37. We can notice beneficial experiences that we are already having:
   A. In the foreground of awareness
   B. In the background of awareness
   C. You can create one
   D. A and B

38. The internalization of a beneficial experience can begin by noticing enjoyable or useful perceptions, emotions, desires, or thoughts in the background of awareness.
   TRUE    FALSE

39. Most beneficial experiences are intense and unusual.
   TRUE    FALSE

40. Attention can be applied to various aspects of an experience, including:
   A. Thought
   B. Desire
   C. Emotion
   D. All of the above

41. In the HEAL process, five factors of Enriching are identified, including “multimodality,” whose meaning is that attending to more aspects of an experience plausibly tends to increase effective encoding and consolidation of the experience.
   TRUE    FALSE

42. When we deliberately create a beneficial experience, we are not simply noticing one that we are already having.
   TRUE    FALSE

43. In the HEAL process, it would be inappropriate to create a beneficial experience by looking for facts that one considers “good” (e.g., reassuring, pleasing).
   TRUE    FALSE

44. In the HEAL process, the purpose of looking for “good” facts is to distract oneself from facts that one considers “bad” (e.g., alarming, disappointing).
   TRUE    FALSE

45. “Good” facts may be identified in:
   A. One’s immediate situation
   B. Recent events
   C. The lives of others
   D. All of the above

46. One may also identify “good” facts in:
   A. Stable conditions
   B. One’s personality, abilities, or character
   C. The future
   D. All of the above

47. It is inappropriate to try to create a beneficial experience by taking action to create a beneficial fact (e.g., shifting into a more comfortable position on a chair, drinking water when thirsty) since the HEAL process is about internal subjective processes.
   TRUE    FALSE

48. As taught in the PC, methods that people can use to encourage the addition of affective or somatic elements to the conceptual recognition of a “good” fact include:
   A. Bring awareness to the body
   B. Breathe faster
   C. Imagine how another person might feel in response to the fact
   D. A and C

49. The process of creating a beneficial experience frequently involves two things – recognizing a “good” fact and having an enjoyable or useful experience as a result – that are challenging for many people.
   TRUE    FALSE

50. As taught in the PC, a major benefit of helping others to activate and install beneficial experiences is that doing this surfaces “blocks” to having and internalizing these kinds of experiences.
   TRUE    FALSE

51. Blocks are usually a deliberate effort to challenge the authority of the helping professional.
   TRUE    FALSE

52. Blocks usually have no functional purpose besides sabotaging the process of healing and growth.
   TRUE    FALSE

53. When helping another person to reduce a block to internalizing beneficial experiences, it is often useful to:
   A. Explore the benefits of the block for the person
   B. “Join the offense”
   C. Tell the person to stop using the block
   D. B and C

54. Common blocks to the HEAL process discussed in the PC include:
   A. Concern about lowering one’s guard or losing one’s edge
   B. The belief that feeling good is disloyal or unfair to others
   C. Not wanting to risk disappointment
   D. All of the above
55. In the HEAL process, why is the “installation” phase considered to be crucial?
A. Activation of an experience is a necessary and sufficient condition for learning
B. Installation is an optimal type of brain wave activity
C. Installation is defined as a lasting change of neural structure or function, without which there is no learning
D. Installation bypasses epigenetic blocks to learning

56. Over the past 30 years, there is clear evidence in meta-analyses for a marked upward trend in average response to psychotherapeutic treatment.
TRUE  FALSE

57. Over the past 30 years, there is clear evidence in meta-analyses for a marked upward trend in average response to psychotherapeutic treatment.
TRUE  FALSE

58. In the PC, it is asserted that it is useful to consider whether a beneficial experience is actually being internalized in some way.
TRUE  FALSE

59. Of the five factors of the Enrich step of the HEAL process, the “duration” factor involves:
A. Sustaining an experience for at least a few seconds
B. Protecting it from distraction or disruption
C. Returning attention to stimuli that prompt or prolong it
D. All of the above

60. Even subtle experiences such as tranquility can be effectively “intense” – one of the five factors of the Enrich step of HEAL – if they are the primary object of attention
TRUE  FALSE

61. In the HEAL process, in terms of mental processes, the Enrich step involves intending and sensing that the experience is received into oneself, with related rewards.
TRUE  FALSE

62. In the HEAL process, in terms of neural processes, the Absorb step involves priming, sensitizing, and promoting more effective encoding and consolidation.
TRUE  FALSE

63. In the HEAL process, as a practical matter, the Enriching and Absorbing steps often overlap and interact with each other in the mind of someone who is engaging the installation phase of learning.
TRUE  FALSE

64. In the HEAL process, as a person experiences absorbing an experience into oneself, the sense of drivenness, grasping, or “craving” that experience naturally increases.
TRUE  FALSE

65. As taught in the PC, methods for having a sense of absorbing an experience include:
A. Imagery (e.g., water sinking into a sponge)
B. Sensation (e.g., a warmth spreading inside)
C. Attitude (e.g., being willing to be changed a bit by the experience)
D. All of the above

66. The efficiency of neural mechanisms of encoding and consolidation is very stable, and there is little one can do to increase it.
TRUE  FALSE

67. Fundamental human needs include safety, satisfaction, and connection (broadly defined); in the PNT and PC, it is said that when people experience these needs being met, they can have an experience of peace, contentment, and love (also broadly defined).
A. Compassion
B. Community
C. Contentment
D. Courage

68. As taught in the PC, psychological resources that are particularly matched to pain or threat, or to feelings of fear, anger, or helplessness include:
A. Grit, agency, accurate perception of threats and resources
B. Gratitude, resignation, feeling alright right now
C. Gladness, hope, awe
D. None of the above

69. As taught in the PC, psychological resources that are particularly matched to loss or opportunity, or to feelings of frustration, disappointment, or drivenness include:
A. Impulse control, compassion, moving on from grief
B. Sensuality, assertiveness, learned optimism
C. Gratitude, gladness, sense of success in goal-attainment
D. None of the above

70. As taught in the PC, psychological resources that are particularly matched to interpersonal conflict, or to feelings of inadequacy, resentment, or ill will include:
A. Secure attachment, delight, attention regulation
B. Sensuality, healthy boundaries, meta-cognition
C. Empathy, compassion, feeling cared about
D. None of the above
Post Program Test Questions, continued

71. One potentially useful way to identify a psychological resource matched to a particular challenge is to remember or imagine another person who copes well with that challenge, and then ask oneself what mental factors or processes could be aiding that person’s coping.
   TRUE    FALSE

72. In the HEAL process, once a key psychological resource is identified that is matched to a particular challenge or issue, it is necessary to use the Linking step to install that resource in a person.
   TRUE    FALSE

73. In the PC, the term “positive material” is used pragmatically, to refer to information represented by the nervous system – particularly the contents of awareness – that has beneficial effects, e.g., fosters or maintains the well-being and functioning of the individual, and often others as well.
   TRUE    FALSE

74. In the PC, the term “negative material” is used pragmatically, to refer to information represented by the nervous system – particularly the contents of awareness – that has harmful effects, e.g., prevents or undermines the well-being and functioning of the individual, and often others as well.
   TRUE    FALSE

75. As defined just above, positive and negative material can operate:
   A. Consciously, in the foreground of awareness
   B. Consciously, in the background of awareness
   C. Unconsciously
   D. All of the above
   TRUE    FALSE

76. One of the central findings of research on classical conditioning is that different types of stimuli are represented discretely in the nervous system, not associating with each other.
   TRUE    FALSE

77. Emotionally painful experiences should be categorically avoided since they flood the limbic system and prevent coping.
   TRUE    FALSE

78. When negative material appears in awareness, it tends to associate to whatever is also present in awareness, including positive material such as a therapist’s unconditional positive regard.
   TRUE    FALSE

79. When negative material that has been reactivated and brought into awareness then leaves awareness, it goes through a period of “reconsolidation” during which new associations to it can be embedded in lasting changes of neural structure and function.
   TRUE    FALSE

80. When negative material that has been reactivated and brought into awareness then leaves awareness, the duration of the “window of reconsolidation” is typically up to around:
   A. Six minutes
   B. Six hours
   C. Six days
   D. No clear time limit for reconsolidation has been established
   TRUE    FALSE

81. In the HEAL process, Linking is considered to be routinely necessary for coping with negative material.
   TRUE    FALSE

82. In the HEAL process, which of the following are conditions for the Link step?
   A. Holding both positive and negative material in awareness at the same time
   B. Not becoming hijacked or flooded by negative material
   C. Maintaining positive material more prominently in awareness
   D. All of the above
   TRUE    FALSE

83. In the Link step of the HEAL process, to what degree or extent could one engage negative material?
   A. Be aware of the idea of the negative material
   B. Be aware of a felt sense of the negative material off to the side of the positive material
   C. Imagine the positive material going into the negative material, making contact with it such as by soothing it, putting it into perspective, filling up empty places inside, and connect with younger layers of the mind
   D. Any one of the above
   TRUE    FALSE

84. When finishing the Link step, one should if possible:
   A. End with primarily the negative material in awareness
   B. End with primarily the positive material in awareness
   C. Simply allow attention to move on to whatever feels natural
   D. End with positive material in the foreground of awareness and negative material in the background
   TRUE    FALSE

85. In the development of psychological issues, the “absence of the good” (e.g., neglect) can be as consequential as the “presence of the bad” (e.g., harsh punishment).
   TRUE    FALSE
86. When using the Link step, holding positive experiences of goal attainment in awareness would be most directly matched to negative material in awareness that involves:

A. Feelings of failure
B. Memories of being emotionally abandoned
C. Experiences of being bullied
D. Anxiety

87. When using the Link step, holding positive experiences of being praised or respected in awareness would be most directly matched to negative material in awareness that involves:

A. Feeling helpless
B. Memories of being scolded and shamed
C. Stress about money
D. Anger

88. In general, during Linking, the more powerful and compelling that the negative material is, the more important it is to intend that the positive material remain more prominent in awareness.

TRUE  FALSE

89. When using the Link step for negative material that appears to have been acquired in early childhood, and which is characterized by strong emotion, it is generally most effective to find positive material that:

A. Is conceptually complex
B. Emphasizes moral reasoning
C. Is simple, reassuring, and soothing – as one might use with a young child
D. Dismisses the younger layers of the psyche

90. When using the Link step, holding positive experiences of feeling protected in awareness would be most directly matched to negative material in awareness that involves:

A. Not being contacted by a potential romantic partner
B. Guilt
C. Frustration
D. Anxiety
couples

91. With others, such as in psychotherapy or coaching, the HEAL process should always be used implicitly, never explicitly.

TRUE  FALSE

92. The implicit use of the HEAL process with psychotherapy clients [the term that will be used here] could involve:

A. Allowing beneficial experiences
B. Drawing attention to facts that are natural opportunities for beneficial experiences
C. Encouraging the idea of a beneficial fact to become a beneficial experience
D. All of the above

93. The implicit use of the HEAL process with psychotherapy clients could involve:

A. Drawing attention to beneficial aspects of an experience
B. Slowing the client down; not moving on too quickly from a beneficial experience
C. Modeling the internalization of beneficial experiences oneself
D. All of the above

94. The explicit use of the HEAL process with psychotherapy clients could involve:

A. Offering appropriate background information about the brain and the negativity bias
B. Identifying and valuing relatively mild and ordinary beneficial experiences
C. Surfacing blocks to having and installing beneficial experiences, and assisting clients in working through these blocks
D. All of the above

95. In couples who are trying to improve their relationship, one or both partners can nonetheless often overlook or minimize authentic opportunities to have and internalize beneficial experiences of the other person.

TRUE  FALSE

96. It is generally pointless to teach adolescents the HEAL process to use on their own since most of them lack the prefrontal executive function capabilities to use it on their own.

TRUE  FALSE

97. When using the HEAL process for anxiety, “key resource experiences” related to our core need for satisfaction would usually be particularly helpful.

TRUE  FALSE

98. When using the HEAL process with depressed mood, which of these key resource experiences could be particularly helpful:

A. Related to our core need for safety, since depressed mood is a common response to trauma or helplessness
B. Related to our core need for satisfaction, since loss of enjoyment is a hallmark characteristic of depressed mood
C. Related to our core need for connection, since depressed mood is a common response to separation, loss, rejection, and loneliness
D. All of the above

99. The HEAL process should routinely replace psychotropic medication when treating anxiety or depressed mood.

TRUE  FALSE
Post Program Test Questions, continued

100. When using the HEAL process with addiction-related issues, it could be beneficial to:
A. Repeatedly associate rewards to sobriety-related behaviors
B. Repeatedly internalize experiences of self-soothing, self-worth, or other psychological resources whose lack could be a factor in addiction
C. Repeatedly attend to and internalize mild, subtle pleasurable experiences to increase the awareness and the reward value of such experiences
D. All of the above

101. When using the HEAL process with traumatic material, it is important to:
A. Use only the first three steps (Have, Enrich, Absorb) to install relevant psychological resources if the person is readily hijacked or retraumatized by bringing negative material into awareness in the Link step
B. Identify and install psychological resources aimed at issues distinct from but related to the trauma itself (e.g., feeling let down by “failed protectors” who should have stepped in, blaming oneself for being abused)
C. In the Link step, generally start by bringing only the idea of the traumatic material to mind, and then make sure that the individual is not hijacked or flooded before engaging the traumatic material in more affectively or somatically active ways.
D. All of the above

102. Many trauma therapies involve the implicit or explicit use of the Link step.

TRUE FALSE

102. For most of the ~ 150,000 year existence of our human species, it was objectively possible to routinely meet the safety, satisfaction, and connection needs of most people.

TRUE FALSE

103. Archeological, historical, and modern anthropological evidence suggests that hunter-gatherer bands were frequently very violent toward each other.

TRUE FALSE

104. Above extreme levels of poverty or social disruption (e.g., refugees, war), improvements in material living conditions make relatively small contributions to increases in average reported well-being.

TRUE FALSE

105. Many affluent individuals experience high levels of stress, anxiety, anger, frustration, drivenness, hurt, or resentment.

TRUE FALSE

106. People who have developed psychological resources of calm strength, feeling protected, accurate assessment of threats, capacity to relax, grit, and determination are in general less vulnerable to others seeking to make them feel fearful, angry, or helpless.

TRUE FALSE

107. People who have developed psychological resources of gratitude, gladness, and feeling successful are in general less vulnerable to others seeking to make them feel possessive, driven, or acquisitive.

TRUE FALSE

108. People who have developed psychological resources of feeling cared about, self-worth, empathy, interpersonal courage, and compassion are in general less vulnerable to others seeking to make them feel inadequate, prejudiced, isolated, or intolerant.

TRUE FALSE