

Psychological Skills Questions on Novels

Second Edition

Joseph Strayhorn, Jr.
and Jillian Strayhorn

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Introduction

No one can know exactly what is the best thing to do, think, and feel in every situation, much less tell someone else. Nor would you want someone telling you what to do. But this book, along with other books in this series, can do something that may be even better, that helps greatly with decisions. It can give practice in using concepts – that is, words – that are useful to people who are making their own decisions about what to do, think, and feel.

Here are some examples of thoughts that are difficult if you don't have the key words in your vocabulary: Is this a situation where I'd be better off to stop *getting down on myself* so much and start *listing options and choosing*? Is this a place for my *fortitude skills*? Can I dig up some *joyousness skills* here? I'm not sure I understand that person – I'll use a *reflection* to check out my understanding. My yelling at that person may be *positively reinforcing* what he is doing rather than punishing it. I think I'll use *differential reinforcement* to see if that works better. Before I choose this option, I should think more about its *advantages and disadvantages*. I'm experiencing a temptation, but I'll be better off if I can use *self-discipline*. Hooray, what I did was both a *kindness* and *courage* triumph – it makes a good *celebration*!

These words and many more are taught in various books in this series, particularly *Programmed Readings for Psychological Skills*. You will find that some psychological skills concepts we teach apply to every page of almost any good story. This book draws your attention to these ideas, and drills you on your understanding of them, using several very entertaining novels. There's a skill question for every page.

If a tutor and student are working together, I recommend that they take turns reading the pages of the novel. At the end of the page,

whoever read the page reads the question that goes with that page. The student answers the question. Thus the novels give practice in thinking about these concepts, just as the psychological skills books do.

When you have lots of experience using these concepts to understand the lives of the characters of novels, you may find yourself more likely to use these ideas to help you decide what to do, think, and feel. In my experience, being fluent with these words seems to help greatly in being a happy, kind, and productive person.

When ordering the books referred to herein, it's good to refer to the ISBN numbers; this *may* ensure that the page breaks used in forming the questions are the same as in the edition you buy.

The Words and Phrases

Sixteen Skills and Principles

1. Work hard. (productivity)
2. Be cheerful. (joyousness)
3. Be kind. Make people happy. (kindness)
4. Tell the truth. (honesty)
5. When you don't get what you want, handle it. (fortitude)
6. Think carefully about what to do. Talk calmly when you don't agree with someone. (good decisions)
7. Don't hurt or kill. (nonviolence)
8. Don't use hurtful talk. (respectful talk, not being rude)
9. Build good relations with people. (friendship building)
10. Do what's best even when it isn't the most fun. (self-discipline)
11. Stick by people who have been good to you. (loyalty)
12. Don't waste the earth's resources. (conservation)
13. Take care of yourself. (self-care)
14. Obey when it is good and right to obey. (compliance)
15. In your fantasy, practice doing good things. Don't have fun pretending people are hurt. (positive fantasy rehearsal)

16. Be brave enough to do what's best. (courage)

Twelve Types of Thoughts

1. Awfulizing: "This is a very bad and dangerous situation." "This is terrible."

2. Getting down on yourself: "I made a mistake. I did something wrong or bad. I failed."

3. Blaming someone else: "That person did something bad. That person is causing bad things to happen."

4. Not awfulizing: "This isn't the end of the world. It may be unpleasant, but I can take it. I can handle it."

5. Not getting down on yourself: "I may have made a mistake, but I don't want to spend energy punishing myself."

6. Not blaming someone else: "That person may have done something I don't like, but I want to spend my energy in ways other than thinking how bad he is."

7. Goal-setting: "Here's what I want to accomplish in this situation . . ."

8. Listing options and choosing: "I could do this, or this, or this . . . I think that this is best to do."

9. Learning from the experience: "Next time a situation of this sort

comes up, I'll do this."

10. Celebrating luck: "Here's something good about the situation I'm in: . . ."

11. Celebrating someone else's choice: "I'm glad that this person did this: . . ."

12. Celebrating your own choice: "Hooray, I'm glad I . . ."

Four Ways of Listening

1. Reflections: "So what I hear you saying is _____."

2. Facilitations: "Oh. Uh huh. I see. Hmm. Is that right? Yes."

3. Follow up questions: "What happened next? Can you tell me more about that?"

4. Positive feedback: "Interesting point. Sounds like a good idea. Thanks for telling me about that."

Seven Guidelines for Joint-Decision or Conflict-Resolution (Dr. L.W. Aap)

1. Defining. Each person defines the problem from his or her point of view, without blaming, and without telling what the solution should be.

2. Reflecting. Each person reflects to let the other person know he understands the other person's point of view.

3. Listing. They list at least four options.
4. Waiting. They don't criticize the options until they've finished listing.
5. Advantages. They think and talk about the advantages and disadvantages of the best options.
6. Agreeing. They pick one to try.
7. Politeness. They don't raise their voices or put each other down or interrupt.

Steps in Decision-Making (Soil Addle)

1. Understanding, becoming aware of, describing the **Situation**.
2. Deciding upon a worthy goal or **Objective** – what you want the outcome to be.
3. Getting **Information** that helps you decide.
4. **Listing** options.
5. Considering the **Advantages** and disadvantages of the options.
6. **Deciding** which option(s) will probably have the best consequences.
7. **Doing** what you have decided.
8. **Learning** from the **Experience**, to help you for the next decision.

Ideas on Reinforcement

Positive reinforcement is something that comes after a behavior, that tends to make the behavior more likely to happen again. It's similar to a "reward."

Something tends to be more reinforcing the more we are deprived of it (it's in short supply), and less reinforcing the more we are satiated with it (we have all we want).

Something reinforces a behavior more strongly when the person believes that the behavior caused the reinforcer to come.

If a behavior is followed by the stopping or reduction of something unpleasant, that behavior also tends to happen more frequently in the future. The stopping of something unpleasant is called a negative reinforcer. For example, the behavior of taking a pain pill may be reinforced by reduction of the pain.

The Complete List of Psychological Skills

Group 1: Productivity

1. Purposefulness. Having a sense of purpose that drives activity
2. Persistence. Sustaining attention, concentrating, focusing, staying on task
3. Competence-development. Working toward competence in job, academics, recreation, life skills

4. Organization. Organizing goals, priorities, time, money, and physical objects; planfulness

Group 2. Joyousness

5. Enjoying aloneness. Having a good time by oneself, tolerating not getting someone's attention

6. Pleasure from approval. Enjoying approval, compliments, and positive attention from others

7. Pleasure from accomplishments. Self-reinforcement for successes.

8. Pleasure from your own kindness. Feeling pleasure from doing kind, loving acts for others

9. Pleasure from discovery. Enjoying exploration and satisfaction of curiosity

10. Pleasure from others' kindness. Feeling gratitude for what others have done

11. Pleasure from blessings. Celebrating and feeling the blessings of luck or fate

12. Pleasure from affection. Enjoying physical affection without various fears interfering

13. Favorable attractions. Having feelings of attraction aroused in ways consonant with happiness.

14. Gleefulness. Playing, becoming childlike, experiencing glee, being spontaneous

15. Humor. Enjoying funny things, finding and producing comedy in life

Group 3: Kindness

16. Kindness. Nurturing someone, being kind and helpful

17. Empathy. Recognizing other people's feelings, seeing things from the other's point of view

18. Conscience. Feeling appropriate guilt, avoiding harming others

Group 4: Honesty

- 19. Honesty. Being honest and dependable, especially when it's difficult to be so
- 20. Awareness of your own abilities. Being honest and brave in assessing your strengths and weaknesses

Group 5: Fortitude

- 21. Frustration-tolerance. Handling frustration, tolerating adverse circumstances, fortitude
- 22. Handling separation. Tolerating separation from close others, or loss of a relationship
- 23. Handling rejection. Tolerating it when people don't like or accept you, or don't want to be with you
- 24. Handling criticism. Dealing with disapproval, criticism and lack of respect from others
- 25. Handling mistakes and failures. Regretting mistakes without being overly self-punitive
- 26. Magnanimity, non-jealousy. Handling it when someone else gets what you want
- 27. Painful emotion-tolerance. Avoiding "feeling bad about feeling bad."
- 28. Fantasy-tolerance. Tolerating mental images of unwanted behavior, confident that you will not enact them

Group 6: Good decisions

6a: Individual decision-making

- 29. Positive aim. Aiming toward making things better. Seeking reward and not punishment
- 30. Thinking before acting. Thinking, rather than responding impulsively or by reflex, when it's useful to do so
- 31. Fluency. Using words to conceptualize the world: verbal skills
- 32. Awareness of your emotions. Recognizing, and being able to

verbalize your own feelings

33. Awareness of control. Accurately assessing the degree of control you have over specific events

34. Decision-making. Defining a problem, gathering information, generating options, predicting and evaluating consequences, making a choice

6b: Joint decision-making, including conflict resolution

35. Toleration. Non-bossiness. Tolerating a wide range of other people's behavior

36. Rational approach to joint decisions. Deciding rationally on stance and strategies for joint decisions

37. Option-generating. Generating creative options for solutions to problems

38. Option-evaluating. Justice skills: Recognizing just solutions to interpersonal problems

39. Assertion. Dominance, sticking up for yourself, taking charge, enjoying winning

40. Submission: Conciliation, giving in, conceding, admitting one was wrong, being led

41. Differential reinforcement. Reinforcing positive behavior and avoiding reinforcing the negative

Group 7: Nonviolence

42. Forgiveness and anger control. Forgiving, handling an insult or injury by another

43. Nonviolence. Being committed to the principle of nonviolence and working to foster it

Group 8: Respectful talk, not being rude

44. Respectful talk, not being rude. Being sensitive to words, vocal tones, and facial expressions that are accusing, punishing, or demeaning,

and avoiding them unless there is a very good reason

Group 9: Friendship-Building

45. Discernment and Trusting. Accurately appraising others. Not distorting with prejudice, overgeneralization, wish-fulfilling fantasies. Deciding what someone can be trusted for, and trusting when appropriate

46. Self-disclosure. Disclosing and revealing oneself to another when it's safe

47. Gratitude. Expressing gratitude, admiration, and other positive feelings toward others

48. Social initiations. Starting social interaction; getting social contact going

49. Socializing. Engaging well in social conversation or play.

50. Listening. Empathizing, encouraging another to talk about his own experience

Group 10: Self discipline

51. Self discipline. Delay of gratification, self-control. Denying yourself present pleasure for future gain

Group 11: Loyalty

52. Loyalty. Tolerating and enjoying sustained closeness, attachment, and commitment to another

Group 12: Conservation

53. Conservation and Thrift. Preserving resources for ourselves and future generations. Forgoing consumption on luxuries, but using resources more wisely. Financial delay of gratification skills

Group 13: Self-care

54. Carefulness. Feeling appropriate fear and avoiding unwise risks

55. Habits of self-care. Healthy habits regarding drinking, smoking, drug use, exercise, and diet

56. Relaxation. Calming yourself, letting the mind drift pleasantly and the body be at ease

57. Self-nurture. Delivering assuring or care-taking thoughts to yourself, feeling comforted thereby

Group 14: Compliance

58. Compliance. Obeying, submitting to legitimate and reasonable authority

Group 15: Positive fantasy rehearsal

59. Imagination and positive fantasy rehearsal. Using fantasy as a tool in rehearsing or evaluating a plan, or adjusting to an event or situation

Group 16: Courage

60. Courage. Estimating danger, overcoming fear of non-dangerous situations, handling danger rationally

61. Depending. Accepting help, being dependent without shame, asking for help appropriately

62. Independent thinking. Making decisions independently, carrying out actions independently

Questions on *The Boxcar Children* (#1 in the Boxcar series)

The Boxcar Children is by Gertrude Chandler Warner, illustrated by L. Kate Deal, and published by Albert Whitman & Company, Morton Grove, Illinois. It's copyrighted 1942-1977 by Albert Whitman & Company.

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page 7

If no one knows them or knows where they had come from, that means there is no adult to take care of them. The author is creating a somewhat scary situation for the children. Scary situations give a chance to use the skill of

- A. courage,
- or
- B. conservation?

page 8

Henry wants them to pick bread instead of cake, because bread is better for them. This is an example of

- A. nonviolence,
- or
- B. self-care?

page 9

Jessie offers to reward the woman for letting them stay on their benches, with work that they will do at the bakery. In other words, she offers to reward the woman with their

- A. productivity,
- or
- B. positive fantasy rehearsal?

page 10

The four children had a very bad event to handle, which takes the skill of _____, but it was easier because they stuck up for one another, using the skill of _____.

- A. fortitude, loyalty
- or
- B. joyousness, positive fantasy rehearsal

page 11

When Henry thanked the woman politely for agreeing to let them stay at the bakery, even though she was grumpy with them, that was an example of

- A. respectful talk,
- or
- B. productivity?

page 12

Jessie asks Benny not to say any more about the woman at the bakery,

and he does what she asks him to do. That's the skill of

A. courage,

or

B. compliance?

page 13

When Jessie and Henry made plans to run away so that Benny wouldn't be taken away from them, and so that they could continue to look after him, they are showing their _____ toward their brother.

A. loyalty,

or

B. respectful talk?

page 14

When Henry and Jessie choose to carry Benny out so that he won't make noise and wake up the baker and his wife, that's an example of

A. good decisions,

or

B. honesty?

page 14

After Jessie says, "Sh, Violet," and wakes Violet up, Violet wakes up at once without making any noise. Violet is giving an example of

A. conservation,

or

B. compliance?

page 15

After Jessie shut the door, they all listened. They were probably listening to see if the baker and his wife had been awakened and were coming after them. If the baker and his wife were coming, they would probably want to run. If the baker and his wife were still sleeping, they would want to walk away as quietly as possible. Figuring out strategies like this is the skill of

A. good decisions,
or

B. friendship-building?

page 16

If they had thought, “Hey! It’s lucky that we have a bright moon to light our way as we walk!” this would have been one of the twelve thoughts, called

A. awfulizing,
or

B. celebrating luck?

page 17

Violet helps Benny get into the mood to help them run away. She does it by suggesting that he imagine himself as a brown bear running away to find a warm bed. When he helps himself by doing this, it’s an example of

A. positive fantasy rehearsal,

or

B. nonviolence?

page 18

When Violet points to the haystack, Henry says, “A fine place, Violet, see what a big haystack it is!” He is giving positive feedback to her for noticing the haystack, and the type of thought he's expressing is known as

A. celebrating someone else's choice,

or

B. blaming someone else?

page 19

When Henry and Jessie are joking around with each other and planning to walk in the night and sleep in the day, they are staying cheerful despite having only 4 dollars, no home, and no parents. This is an example of

A. honesty and nonviolence,

or

B. joyousness and fortitude?

page 20

Benny had to wait until dark to get water, even though he was very thirsty. He did it so that they could achieve their goal of not being seen by anyone. Putting up with discomfort so as to achieve a longer term goal is called

- A. self-discipline,
- or
- B. joyousness?

page 21

When Henry asked Benny to keep very still and not say a word, Benny did it. That was an example of

- A. friendship-building,
- or
- B. compliance?

page 22

When Henry says, “You were a good boy, Benny, to keep still,” he is giving Benny positive reinforcement or positive feedback. This is also an example of the skill of

- A. kindness,
- or
- B. positive fantasy rehearsal?

page 23

Henry says, “Not many people come this way, I guess. But that is all the better.” That’s an example of one of the twelve thoughts, called

- A. getting down on himself,
- or
- B. celebrating luck?

page 24

Benny has been asking to eat, to drink, and to sleep, making some demands on his older siblings. When he says, “Now I want to go to bed,” Jessie doesn’t get irritated at him, but says in a pleasant tone, “You can go to bed very soon.” This is an example of

- A. respectful talk,
- or
- B. productivity?

page 25

When Henry says to his younger sister Violet, “That’s right! You think of everything, Violet!” his “positive reinforcement” or “positive feedback” is an example of

- A. conservation,
- or
- B. kindness?

page 26

If Henry had thought, “I feel lucky that it's warm and that we have a soft bed of pine needles,” he would have been using which of the 12 thoughts?

- A. celebrating luck,
- or
- B. getting down on himself?

page 27

If Jessie had thought to herself, “Oh, no! We have no shelter, and it looks like it's going to storm! This is terrible!” That would have been

A. awfulizing,

or

B. blaming someone else?

page 28

Instead, Jessie thought, “What shall we do?” and looked at various places, and finally found a place that looked best. She was using a type of thought called

A. listing options and choosing,

or

B. celebrating someone else’s choice?

page 29

When Henry helps Benny up into the boxcar, that’s an example of

A. positive fantasy rehearsal,

or

B. kindness?

page 30

When Violet says, “What a good place this is,” and “What a beautiful place,” she is celebrating luck, or possibly celebrating Jessie’s choice in finding the place. These celebrating thoughts help her to do a good example of the skill of

- A. joyousness,
- or
- B. conservation?

page 31

Benny is worried about a train engine taking the boxcar away. Even though Henry and Jessie let him know that this won't happen, it's good that he is thinking about their safety. He's using the skill of

- A. friendship-building,
- or
- B. self-care?

page 32

When Jessie assures Henry that they will be all right even when he is not there to protect them, she is using her skills of

- A. honesty,
- or
- B. courage?

page 33

When they hear something or someone cracking the branches on the way through the woods, it is a time for them to keep cool and figure out what to do despite being in a scary situation. In other words, it's a time for

- A. courage,
- or

B. respectful talk?

page 34

When they hear something in the woods, and Jessie whispers, “Keep still!” Violet and Benny do not say a word and sit very quietly. This is an example of

A. compliance,

or

B. productivity?

page 35

When Jessie looks at the dog and says, “Oh dear! You poor dog!” she is feeling a certain way, described by one of the “feeling words.” She feels

A. proud of herself,

or

B. compassionate?

page 36

When Jessie asks Violet to get a wet handkerchief and Violet does what she asks, that was

A. compliance,

or

B. self-care?

page 37

When Jessie holds the dog for a while so he can rest his leg, she's doing an act of

- A. kindness,
- or
- B. honesty?

page 38

When the three of them pick a lot of blueberries, that's

- A. productivity,
- or
- B. respectful talk?

page 39

When Violet tells Henry that the dog didn't cry or growl even though it hurt to have the thorn pulled out, she is admiring the dog's

- A. positive fantasy rehearsal,
- or
- B. fortitude?

page 40

After Benny said, "Dogs don't like cheese," one of the children could have said, "You're wrong on that, Benny. Where did you ever get that idea?" But they didn't say this because they value the skill of

- A. respectful talk,
- or

B. positive fantasy rehearsal?

page 41

When the children bring a bunch of pine needles into the boxcar to make a soft bed to sleep on, that's

A. friendship-building,

or

B. productivity?

page 42

When Violet suggests that Benny imagine himself as the brown bear splashing his paws in the brook, so that he will enjoy washing himself more, she is helping him use

A. positive fantasy rehearsal,

or

B. honesty?

page 43

When they washed the towels and hung them on a clothesline to dry, and filled the bottles with water at the fountain, that was

A. positive fantasy rehearsal,

or

B. productivity?

page 44

The author says that children should sleep at night rather than in the daytime. This is a principle of

- A. self-care,
- or
- B. loyalty?

page 45

Jessie considers herself the housekeeper and gets up at once in the morning rather than sleeping very late. Getting out of bed in the morning sometimes requires the skill of doing something in order to achieve a goal, even though it feels unpleasant or difficult to do it. That skill is

- A. self-discipline,
- or
- B. friendship-building?

page 46

When Jessie thinks that the little waterfall in the creek is beautiful, and laughs about her little refrigerator, and when she celebrates that the milk is cold and delicious, she's using the skill of

- A. joyousness,
- or
- B. compliance?

page 47

When Henry goes into the town to look for work to do, that's

- A. productivity,
- or
- B. compliance?

page 49

When Jessie says, “Oh, Benny! You saw the treasures first. What should we do without you!” she is giving him positive reinforcement or positive feedback. She’s using the skills of

- A. self-discipline and courage,
- or
- B. kindness and respectful talk?

page 51

Jessie makes a choice about how to carry the different dishes back to the boxcar most easily – she decides to put them all in the kettle, rather than carrying them separately. She’s using the skill of

- A. good decisions,
- or
- B. nonviolence?

page 52

When Jessie wants to get the dishes really clean before they use them, she’s probably wanting them not to get an illness from germs or toxins that may have been on them. She’s using the skill of

- A. joyousness,
- or

B. self-care?

page 53

Jessie and Violet seem to be getting a great deal of pleasure out of making the shelf for the dishes. Taking pleasure in their own accomplishments is part of the skill of

A. joyousness,

or

B. honesty?

page 54

When Bennie says to Jessie, “You said ‘There’ three times,” she could have gotten defensive and said something like, “So what’s wrong with that? Mind your own business.” Instead, she said, “So I did,” laughing. This and what she said next were

A. respectful talk,

or

B. productivity?

page 55

When Henry made a small fire, he made it in an open space and put big stones around it so it would not spread. He is using

A. self-care

or

B. positive fantasy rehearsal?

page 56

When Jessie says, “Now I know they're clean enough to eat from,” she is doing which of the twelve thoughts?

- A. not blaming someone else,
- or
- B. celebrating her own choice?

page 57

The children had been curious to see what Henry had in his bundles, but they waited patiently without bugging him, until he was ready to show them. This took

- A. conservation,
- or
- B. self-discipline?

page 58

Henry says, about the doctor, “He's a good man.” Saying that someone is good is about the same as saying that you use a lot of what sort of thought about that person?

- A. blaming someone else,
- or
- B. celebrating someone else's choices?

page 59

When Henry cut the doctor's grass better than any other boy had done it, that was

A. honesty,

or

B. productivity?

page 60

Henry just pretended to be eating the cookie so that he could bring it home for one of his siblings. That was

A. kindness,

or

B. nonviolence?

page 61

When Violet works on the tablecloth and they work on the dishes and Henry goes back to work in town, they all are giving examples of

A. productivity,

or

B. honesty?

page 62

When Jessie asked Bennie to let Watch bury the bone himself, and for him to help her find sticks to make a broom with, he did what she asked. This is

A. courage,

or

B. compliance?

page 63

Just before Henry talked with Benny about the magic spoon whose handle could be used as a knife, he may have thought something like, “I want to help Benny have fun and feel loved.” This type of thought would have been

A. celebrating his own choice,

or

B. goal-setting?

page 64

Henry set the goal of having a swim in the brook. He then thought about ways to do that, and one of the ways he thought of was to build a dam out of logs. When he is thinking of ways to accomplish his goal, he is

A. listing options and choosing,

or

B. not getting down on himself?

page 66

When Henry and Jessie heard something in the woods, they might have thought, “We don’t want to make lots of noise with our voices, because we don’t want people knowing that we are living here.” This type of thought would be

A. celebrating luck,

or

B. goal-setting?

page 67

Henry thinks that there is someone in the woods. But he decides to just wait, rather than attacking the person, yelling out to ask “Who's there,” or having them all run away and abandon their little home. If he thought of all those possibilities and made a choice, he would be using which type of thought?

A. listing options and choosing,

or

B. awfulizing?

page 68

Henry and Jessie had been frightened by the noise, but finally they decided they were safe and relaxed and went to sleep. This is an example of using the skill of

A. courage,

or

B. productivity?

page 69

Henry and Jessie decide not to tell Benny and Violet about the noise in the woods. If they consider telling, and not telling, and choose not telling because they don't want Benny and Violet to be worried and scared, they are using the thoughts called

- A. not getting down on themselves,
- or
- B. listing options and choosing?

page 70

When Henry and Jessie decide to keep a close eye on Benny and Violet and Watch, now that they have heard someone in the woods, they are making a decision about how to use the skill of

- A. joyousness,
- or
- B. self-care?

page 71

When the doctor smiles at Henry, and when his mother says, “Good morning, Henry,” they are using greeting rituals that are part of the skill of

- A. friendship-building,
- or
- B. conservation?

page 72

When Henry thinned out the vegetables, that was

- A. positive fantasy rehearsal,
- or
- B. productivity?

page 73

When Henry says, “Thank you,” we could think of that as the skills of

A. kindness, respectful talk, and friendship-building,

or

B. courage, nonviolence, and positive fantasy rehearsal?

page 74

When Jessie says to Henry, “Benny did a lot of the work,” and when Henry says, “You have done well,” they are giving Benny positive reinforcement, and using the skill of

A. courage,

or

B. kindness?

page 75

When Henry says, “And whatever you do, don’t get on fire!” he is urging them to use their skills of

A. self-care,

or

B. kindness?

page 76

Henry felt like staying and smelling the stew boiling, but he knew he should go back to work, so he does so. He's using the skill of

- A. self-discipline,
- or
- B. nonviolence?

page 77

When Henry had fun getting things in the garage in order, he was using the skill of

- A. joyousness,
- or
- B. positive fantasy rehearsal?

page 78

Dr. Moore gives Henry a hammer. That's

- A. productivity,
- or
- B. kindness?

page 79

When Dr. Moore said, "We could use any number of cherry-pickers," Henry might have gotten the urge to tell him about his brother and sisters. But he may have wanted to think about it more. Taking time to think before acting is part of the skill of

- A. good decisions,
- or
- B. joyousness?

page 80

The children reuse things that were discarded in the dump to make a ladle, rather than wasting their scarce money buying a new ladle. This is an example of

- A. conservation,
- or
- B. honesty?

page 81

When Henry builds the cart for Benny, that's both

- A. productivity and kindness,
- or
- B. respectful talk and nonviolence?

page 82

When Jessie and Henry see that Bennie has gone to sleep with his hand on his cart, they probably feel toward him

- A. love,
- or
- B. anger?

page 83

Sleeping and resting when you are very tired is part of the skill of

- A. honesty,

or

B. self-care?

page 84

After Henry said, “I don’t think it’s deep enough,” he could have thought, “We could build a dam, or we could dig dirt out of the bottom of the pool to make it deeper. I think it would be more fun to build a dam.” This would have been

A. listing options and choosing,

or

B. not awfulizing?

page 85

When the children enjoyed doing the work to build the dam, that was

A. productivity and joyousness,

or

B. Courage and nonviolence?

page 86

Jessie says, “The water runs around the ends every time! What shall we do?” Thinking, “What shall we do,” tends to get people ready to do some

A. blaming someone else,

or

B. listing options and choosing?

page 87

When Henry exclaims, “See how deep the pool is getting!” it sounds as if he is

- A. getting down on himself,
- or
- B. celebrating their own choices?

page 88

When Jessie says, “We girls must go and get dinner,” which of the 12 thoughts is she using?

- A. Goal-setting,
- or
- B. awfulizing?

page 89

The children were excited about going on a walk and going exploring, but they washed the dishes first. Doing the less pleasant thing first takes

- A. self-discipline,
- or
- B. friendship-building?

page 90

When Henry tells Watch not to run after the “poor hen,” it sounds like he is feeling what emotion toward the hen?

- A. anger,

or

B. compassion?

page 91

When Benny says, “This is the best meal I ever ate. I found the eggs, and you cooked them,” he is

A. celebrating his own choice and celebrating someone else’s choice,

or

B. goal-setting and listing options and choosing?

page 92

When Henry says, “Yes, you did, Benny. Thank you for a good meal,” he is giving Benny positive feedback or positive reinforcement. The thought that goes along with such compliments or praise is usually

A. not getting down on yourself,

or

B. celebrating someone else's choice?

page 93

When Henry thinks a long time about whether or not to take the other children to pick cherries with him, he is doing something that is very useful for the skill of

A. good decisions,

or

B. joyousness?

page 94

When Henry proposes a plan and Jessie says, “Good!” she is using the type of thought called

- A. celebrating someone else's choice,
- or
- B. not awfulizing?

page 95

When Mrs. Moore said good morning to Henry, and Henry introduced his siblings, they were using the social skills useful for

- A. courage,
- or
- B. friendship-building?

page 96

When Mrs. Moore says, “I never had such happy cherry pickers before,” she is communicating the fact that she likes workers who have the skill of

- A. honesty,
- or
- B. joyousness?

page 97

When Dr. Moore asks about whether the children’s mother will be

watching for them, and Jessie finally decides to say, “No. Our mother and father are dead,” she has decided that Dr. Moore is trustworthy enough that she can tell him the truth. This is an example of

A. honesty,

or

B. joyousness?

page 98

Dr. Moore gives them more money and cherries than Henry thinks they deserve. His doing this is an example of

A. kindness,

or

B. nonviolence?

page 99

It sounds as if James Henry Alden has thought, “It is very important for me to find those children.” This is one of the twelve types of thoughts, namely

A. goal-setting,

or

B. blaming someone else?

page 100

After Dr. Moore realized who the children were, he might have thought about several possible plans before deciding not to tell Mr. Alden right away. If so, he would have been

- A. listing options and choosing,
- or
- B. learning from the experience?

page 101

If James Henry Alden tried to create very pleasant working conditions for the people who worked in his mills, and if he paid them well, and if he tried to make sure that whatever he was producing was helpful and safe for people, these behaviors would be examples of

- A. positive fantasy rehearsal,
- or
- B. kindness?

page 102

Mr. Alden used some of his money to sponsor a field day, instead of spending the money on more things for himself. That is an example of

- A. conservation and kindness,
- or
- B. positive fantasy rehearsal and respectful talk?

page 103

When someone says, "Free-for-all! Come and get ready!" and Henry says, "What is that?" "A free-for-all?" Which of the 4 ways of listening is he using?

- A. positive feedback,
- or

B. follow-up question?

page 104

When the man asks, “Where did you train,” Henry could have made up something to make himself seem like the rest. But he simply says, “I never was trained.” This is an example of

A. honesty,

or

B. kindness?

page 105

When Henry thinks, “Now I'll try to see how fast I can run,” this is one of the 12 thoughts, called

A. awfulizing,

or

B. goal-setting?

page 107

When Henry thinks about winning the money to use for his siblings, and when he thinks, “I am going to win this race! I must pass Number 16,” he is

A. celebrating someone else's choice,

or

B. goal-setting?

page 108

Henry doesn't want to tell his name, but he doesn't want to lie. So he tells his first and middle name. He wants to keep his secret without violating the principle of

A. honesty,

or

B. nonviolence?

page 109

Dr. Moore laughs to himself when he sees Henry, because he is happy that his plan to bring Henry in contact with his grandfather worked out so well. He is probably

A. awfulizing,

or

B. celebrating his own choice?

page 110

When Henry's siblings find out that he won a race, they are very happy, and not at all jealous of his success. They are using the skill of

A. joyousness,

or

B. conservation?

page 111

When Jessie decides that it's high time Benny learned to read, she is

- A. goal-setting,
- or
- B. learning from the experience?

page 112

If Violet thought, “I could just keep on with the paper we have. Or I could put see on one paper, and me on the other. I think I’ll try that second plan,” she would have been

- A. celebrating luck,
- or
- B. listing options and choosing?

page 113

Benny thought something like, “I’m not going to let a dog get ahead of me! I want to learn to read faster!” Was this

- A. blaming someone else,
- or
- B. goal-setting?

page 114

When Jessie says to Benny, “Good boy!” she is giving positive reinforcement. Positive reinforcement is something that comes after a behavior, that increases the chance that the behavior will happen again. What behavior is probably more likely to happen again because of her positive reinforcement?

- A. Jessie's working on supper,

or

B. Benny's working on his reading?

page 115

Violet says, about the potatoes, “They are very hot! Look out!” In recognizing danger when it's present, she demonstrates a very important part of the skill of

A. self-care,

or

B. friendship-building?

page 116

When Benny reads to Henry, and Henry says, “Good old Benny,” Henry is giving an example of

A. kindness,

or

B. productivity?

page 117

When the children find and use treasures from the dump rather than spending money on new things, they are both saving money and causing less junk to be produced for the world. They are using the skill of

A. respectful talk,

or

B. conservation?

page 118

When Jessie and Violet work together to make a stuffed bear for Benny, that's

- A. nonviolence and courage,
- or
- B. kindness and productivity?

page 119

Jessie doesn't laugh at the name that Benny has chosen for his bear, because she doesn't want to hurt his feelings. She's using the skill of

- A. kindness,
- or
- B. courage?

page 120

When Watch lies still, somehow understanding that Benny wants him to lie still, Watch is using the skill of

- A. compliance,
- or
- B. joyousness?

page 121

When Jessie realized that Violet was sick, she felt

- A. surprised,

or

B. worried?

page 122

When Henry decides that it's important that Violet get good medical care, even though they may have their secret found out, that's an example of

A. good decisions,

or

B. positive fantasy rehearsal?

page 123

When Dr. Moore runs to the boxcar and carries Violet back to the car, and takes her and all the other children to his house, he's doing examples of

A. honesty,

or

B. kindness?

page 124

Dr. Moore keeps watching Violet all night long, even though surely he felt like sleeping during that time. To do something that accomplishes a goal, even when you feel like doing something else, is using the skill of

A. self-discipline,

or

B. friendship-building?

page 125

When the man who has come to the house says to Benny, “You mean he wouldn’t leave her even if I gave him five thousand dollars?” and Benny says, “Yes, that’s what I mean,” the man is listening by means of

- A. a reflection,
- or
- B. positive feedback?

page 126

Dr. Moore lets Benny know that he should leave so that Dr. Moore and Mr. Alden can speak privately. Benny probably would have liked to stay and talk with the visitor longer, but he runs right out. He's using the skill of

- A. courage,
- or
- B. compliance?

page 127

When Mr. Alden says, “I saw him? What did he change his name to?” Mr. Alden is using two ways of listening:

- A. a reflection, and then a follow-up question,
- or
- B. a facilitation, and then positive feedback?

page 128

When Dr. Moore says, “Mother, this is Mr. James Henry Alden,” he is introducing two people, which is part of the skill of

- A. friendship-building,
- or
- B. courage?

page 129

When Dr. Moore refused to take the five thousand dollars, he showed that his motive for telling Mr. Alden about his grandchildren was

- A. kindness,
- or
- B. self-care?

page 130

When Dr. Moore says to Mary, “You can cook for anyone,” he is trying to change her emotion from feeling frightened to feeling

- A. compassionate,
- or
- B. confident?

page 131

When Mr. Alden told Benny about the cucumber that grew inside the bottle, Benny had fun hearing about it. This was

- A. good decisions,

or

B. joyousness?

page 132

When Mr. Alden told Violet he was sorry that she had been sick, and took her flowers, that was

A. conservation,

or

B. kindness?

page 133

While Henry is wondering where he has seen the man before, his emotion is

A. curiosity,

or

B. relief?

page 134

When Henry thinks, “I have to know!” this thought is an example of

A. not getting down on himself,

or

B. goal-setting?

page 135

When Henry asks Dr. Moore what Mr. Alden’s name is, Dr. Moore tells

the full truth, and Mr. Alden answers truthfully when Henry asks if he is James Henry Alden. Both of them give examples of

- A. self-discipline,
- or
- B. honesty?

page 136

When Benny says, “It’s Grandfather,” and Violet says, “What do you mean? Isn’t he Mr. Henry?” She is listening with a

- A. follow-up question,
- or
- B. facilitation?

page 137

When Dr. Moore says, “I walked after him as far as the hill,” and Mr. Alden says, “Why did you do that?” Mr. Alden is listening with a

- A. follow-up question,
- or
- B. reflection?

page 138

When Jessie says, “But you came back?” she is listening using a

- A. follow-up question,
- or
- B. facilitation?

page 139

When Benny says, “I’ll show you my cart made out of wheels, and my pink cup,” his grandfather says, “Good for you, Benny.” He is listening with

- A. positive feedback,
- or
- B. facilitation?

page 140

The people who felt glad that the children had found Mr. Alden were using the skill of

- A. courage,
- or
- B. joyousness?

page 141

As the children show their grandfather and Dr. Moore the things they had built and arranged at the boxcar, it appears that they feel

- A. proud,
- or
- B. embarrassed?

page 142

They closed the boxcar door and left, even though they were sorry to go,

because they wanted to do what was best for Violet. Doing something you're sorry to have to do, because you want to accomplish a goal that will come later, is called

- A. self-discipline,
- or
- B. joyousness?

page 143

If Mr. Alden thought to himself, “I want these children to like my house, and to live with me all the time,” that thought would be

- A. not getting down on himself,
- or
- B. goal-setting?

page 144

Mr. Alden had made over some of the rooms, just for the children. This is an example of

- A. kindness,
- or
- B. conservation?

page 145

Benny may have said, “Can I run this train all day,” as a way of communicating to his grandfather how much he liked the gift. Expressing gratitude is part of the skill of

- A. friendship-building,
- or
- B. courage?

page 146

When Jessie says, “They won’t take Watch away?” and Henry says, “We’ll never, never give him up,” that’s an example of

- A. loyalty,
- or
- B. productivity?

page 147

Mr. Alden tells the man he will pay him whatever he wants for the dog. But the man, instead of taking the money, says that he sold him to a lady and must take the dog to her. The man gives us an example of

- A. honesty,
- or
- B. self-care?

page 148

The children and their grandfather are obviously all thinking, “We want to be able to keep Watch.” This type of thought is

- A. not blaming someone else,
- or
- B. goal-setting?

page 149

When the pretty young lady sees the “J” that Benny has cut into the hair on Watch's side, she appears to feel what emotion?

- A. amused,
- or
- B. angered?

page 150

When Benny says, “Oh, thank you! You are nice!” and climbs up into her lap, his gratitude is probably a positive reinforcement for the behavior that the lady had just done. What behavior did he reinforce?

- A. Her letting them have Watch,
- or
- B. Her giving Benny a hug?

page 151

When Jessie cooked at Mr. Alden's house, it was not the same as it was when she had to make all the choices herself about what to do and how to do it. It sounds as if she enjoyed exercising the skill of

- A. good decision-making,
- or
- B. compliance?

page 152

When Mr. Alden says, “I am going to give you children a surprise,” and

Benny says, “Is it very nice?” he is listening with a

- A. follow-up question,
- or
- B. reflection?

page 153

What emotion does it appear the children had, when they saw the boxcar?

- A. happiness,
- or
- B. sadness that it had been moved from its original spot?

page 154

When Mrs. Moore says, “I like to see them so happy,” she is revealing that she feels pleasure from other people’s happiness. This is related to the skills of

- A. joyousness and kindness,
- or
- B. courage and positive fantasy rehearsal?

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page 7

Jessie told Benny that grandfather was joking, because she didn't want any to get upset. Her thinking about Benny's feelings rather than her own is an example of

A. Courage

or

B. Kindness?

page 8

When grandfather says that his bought father bought an island, and Henry replies, "He bought one!" that's an example of

A. A reflection

or

B. A follow-up question?

page 10

When Jessie says, "Oh, Grandfather! We would like it better than

anything in the world," she is

- A. Celebrating someone else's choice,
or
- B. Blaming someone else?

page 11

When Dr. Moore helped his mother into the big car, was that an example of

- A. Kindness,
or
- B. Courage?

page 13

Even while they're still on their way to the island, Jessie begins making a list of the things they will need to live there comfortably. She is very organized! Does she give an example of

- A. Compliance,
or
- B. Productivity?

page 14

When Henry says, "This is the best idea I have ever heard!" That's an example of

- A. Awfulizing,
Or

B. Celebrating someone else's choice?

page 15

The older people stood in the doorway watching the excited children.
The children were showing the skill of

A. Joyousness,

Or

B. Honesty?

page 16

When Jessie finds out that there are no dishes on the island, she seems to think something like, "This is not bad. It's even good, because we get to shop for them." She is

A. Not awfulizing and celebrating lock,

or

B. Getting down on herself and blaming someone else?

page 17

When Mr. Alden says, "What's the matter with him? Who is he?" Those are examples of

A. Reflections,

or

B. Follow-up questions?

page 18

Even though Benny wanted to go with Dr. Moore to meet the handyman, Dr. Moore said no and asked Benny to look in the windows of the yellow house. Benny did so, without complaining. He gave examples of

A. Fortitude and compliance,

or

B. Conservation and productivity?

page 19

When Dr. Moore says, "I thought I would come to see you," and the young man says, "I'm glad you came," the young man gives an example of

A. A reflection,

or

B. Positive feedback?

page 20

When the young man says, "For a long time I didn't know who I was," and Dr. Moore says, "Now do you remember who you are?" Dr. Moore is giving an example of:

A. A follow-up question,

or

B. A facilitation?

page 21

When Dr. Moore says, "I see," that's an example of a

A facilitation,
or
B. follow-up question?

page 22

Dr. Moore promised to keep Joe's secret, and he kept his promise when Mr. Alden asked about Joe. But he didn't tell Mr. Alden anything that wasn't true. Dr. Moore demonstrated

A. Joyousness,
or
B. Honesty?

page 23

When Mrs. Moore says, "We had a wonderful time seeing your new home," just before they are about to leave, is this an example of a

A. Parting ritual,
or
B. Greeting ritual?

page 24

When Violet says, "I'm going to take my paints and make pictures of the things we find," and Henry replies, "Good!" Henry is responding with a

A reflection,
or
B. positive feedback?

page 25

Jessie finds the clothes that grandfather has bought for them, and she says, "Just think of grandfather's getting all these! Just what we need." This is an example of

- A. Celebrating someone else's choice,
- or
- B. Listing options and choosing?

page 26

When they all went downstairs with their arms full, they were all helping out with the work of packing up for the trip. This was an example of

- A. Courage,
- or
- B. Productivity?

page 27

Before leaving for the island, Henry is concerned about his grandfather. He asks, "Are you sure you won't be lonesome?" This concern for his grandfather's welfare is an example of

- A. Joyousness,
- or
- B. Kindness?

page 28

When Jessie says, "how lucky we are to have a store soon near this.,"

she is

A. Learning from the experience,

or

B. Celebrating luck?

page 29

When Jessie says to Capt. Daniel, "And thank you. You have been so kind to us." This is an example of

A. Respectful talk and friendship building,

or

B. Positive fantasy rehearsal and self-discipline?

page 30

When the children unpacked all the things, made supper, wash the dishes, and then made their beds, those were examples of

A. Honesty,

or

B. Productivity?

page 32

Henry chose to wash the dishes in the stream rather than the barrel so that he wouldn't get the water in the barrel dirties. That way they could drink from the water in the barrel. This is an example of the skill of

A. Good decisions,

or

B. Courage?

page 33

Jessie was sleepy and in bed, but she got up to get Bennie's bear and take it to him, so that he could feel safer and get to sleep better. This is an example of

- A. Nonviolence,
- or
- B. Kindness?

page 34

Henry wanted to take care of Watch by taking him out, and he wanted to be considerate of Jessie by being very quiet and not waking her up. These are examples of the skill of

- A. Respectful talk,
- Or
- B. Kindness?

page 35

When Joe looks up at Henry and smiles and says, "I'm Joe. I'm the handy man," he is using skills of

- A. Friendship building,
- Or
- B. Productivity?

page 36

When Joe tells Henry that one of the gardens on the island belongs to the children, Henry replies, “How did that happen?” Henry’s reply was a

A. reflection,

Or

B. follow-up question?

page 37

When Jessie smiled at Joe and said, “This is Violet, and I’m Jessie,” she was showing skills of

A. friendship-building,

Or

B. fortitude?

page 38

Jessie thinks of various possibilities for ways to spend their time: going swimming, cooking, making things, exploring the island. She’s getting started with a thought process called

A. learning from the experience,

Or

B. listing options and choosing?

page 39

When Jessie heard that Captain Daniel was willing to get groceries for them, she said, “Oh, how nice.” This thought was an example of

- A. celebrating someone else's choice,
- Or
- B. listing options and choosing?

page 40

When the two girls shell the peas while Henry builds the cupboard, they are giving examples of the skill of

- A. positive fantasy rehearsal,
- Or
- B. productivity?

page 42

Violet asks if they have to go to bed early, and Henry tells her she'll want to. If she had thought, "That won't be bad, going to bed early, if I'm really tired," that thought would be

- A. not awfulizing,
- Or
- B. celebrating someone else's choice?

page 43

Henry felt good about letting Benny take a job that he would enjoy doing. His feeling good about making Benny happy was an example of both

- A. fortitude and honesty,
- Or
- B. kindness and joyousness?

page 44

Jessie says, “This is what I like,” and she’s talking about how she enjoys everything more when she has worked for it. She’s feeling good about her own decisions to work. This thought is an example of

- A. celebrating her own choice,
- Or
- B. not blaming someone else?

page 45

When Henry says, “Clams!” he is feeling happy that there happened to be some clams in the sand. This thought is

- A. celebrating luck,
- Or
- B. learning from the experience?

page 46

When Benny says, “Good old Watch!” he is thinking about how good it is that Watch digs for the clams. This thought is an example of

- A. listing options and choosing,
- Or
- B. celebrating someone else’s choice?

page 47

Suppose that Henry had thought, “What should we do with the clams?”

We can take them back to the barn now, or eat them right now, or leave them here for a while covered with seaweed. I think it would be best to leave them here so we can explore some more.” What type of thought would this have been?

A. listing options and choosing,

Or

B. not getting down on himself?

page 48

Suppose Benny had thought, “How nice it was of Grandfather to fix this place for us to swim in!” This thought would have been

A. celebrating someone else’s choice,

Or

B. learning from the experience?

page 49

Violet volunteers to stay with Benny so that Jessie can swim out to the raft. This is an example of the skill of

A. nonviolence,

Or

B. kindness?

page 50

When Benny said, “I’ve got it!” and Joe replied, “Good for you, Benny,” the listening method that Joe was using is called

- A. a reflection,
- Or
- B. positive feedback?

page 52

When Benny said “You know lots of things, don’t you, Joe?” he was admiring Joe’s decisions to learn those things. Benny’s thought was

- A. not awfulizing,
- Or
- B. celebrating someone else’s choice?

page 53

When Henry says, “We must go on exploring the island,” this type of thought is

- A. goal-setting,
- Or
- B. blaming someone else?

page 54

Henry gets an idea that pleases him so much that he jumps around. This is an example of the skill of

- A. joyousness,
- Or
- B. positive fantasy rehearsal?

page 55

When Benny admits that he doesn't know what a museum is, even though it might be a little embarrassing for him to admit this, that's an example of

A. conservation,

Or

B. honesty?

page 56

When Jessie tells Henry she thinks his idea is perfectly wonderful, which of the four ways of listening to another person is that?

A. positive feedback,

Or

B. a facilitation?

page 57

Violet is worried that they would have real birds in the museum. She's worried because she doesn't want live birds to be harmed. Her concern about the birds is an example of

A. positive fantasy rehearsal,

Or

B. kindness?

page 58

If Violet had thought, "I want to be able to learn the names of the shells and birds and flowers and other things on this island," that thought

would have been

A. goal setting,

Or

B. not blaming someone else?

page 59

Suppose Joe had thought to himself, “I could just tell them the names of the things myself. Or I could tell them that I know what books they need. Or I could not let them know how expert I am, so they can have the fun of finding out these things themselves. I think I’ll pick the last one.” This thought would have been an example of

A. celebrating luck,

Or

B. listing options and choosing?

page 60

Henry would like to look at the books. But he decides to wait, so that Jessie can look at them at the same time. His waiting rather than opening them right away is an example of the skill of

A. self-discipline,

Or

B. honesty?

page 61

When Joe said, “Please let me do that; that kettle is so heavy,” and Jessie said, “Thank you so much,” they were showing the skill of

- A. honesty,
- Or
- B. respectful talk?

page 62

Joe picked out Benny's clams for him and helped with the dishes. This is one of many times in which two skills go together. They are

- A. productivity and kindness,
- Or
- B. conservation and positive fantasy rehearsal?

page 63

When Henry said, "Just look at the beautiful pictures," he was feeling good about the work of whoever it was that made and published the pictures, and about Joe's bring the books to them. Thus he was

- A. not awfulizing,
- Or
- B. celebrating someone else's choice?

page 64

When the author said that Joe thought he had to be careful, because it appeared that he knew too much for a handy man, she shows that Joe is keeping a secret about himself from the children, and the author is keeping a secret about Joe from the readers. Suppose she had thought to herself, "I want to create a little suspense, so my readers will wonder who Joe really is, so that they will enjoy the book more." She would

have been

A. getting down on herself,

Or

B. goal-setting?

page 65

When Henry found just the boards that he needed to build the tables he wanted to build, his thought was, “How lucky we are!” Of course, this thought was

A. celebrating luck,

Or

B. listing options and choosing?

page 66

When Watch brought the board to Jessie, and Jessie gave Watch a piece of bread right afterwards, Jessie was using

A. positive reinforcement (which means a reward)

Or

B. a facilitation?

page 67

When Benny cries out, “We did get something! It’s from Grandfather!” he is practicing the skill of

A. joyousness,

Or

B. courage?

page 69

When the rain started coming in, Henry thought that he wanted to keep the stove dry. Suppose he thought of several different ways to try to do this, and then decided that the best way was to use the kettle to catch the water coming in. These would have been examples of two types of thoughts that often go together, which are

A. awfulizing and celebrating luck,

Or

B. goal-setting and listing options and choosing?

page 70

When Benny started to cry and said, “I don’t like this bed...” He was doing a little bit of which of the following thoughts?

A. awfulizing,

Or

B. celebrating his own choice?

page 71

Henry stays up and empties the pails so that the others can go back to sleep. He is demonstrating

A. loyalty, kindness, and productivity,

Or

B. conservation, honesty, and positive fantasy rehearsal?

page 72

They are facing a problem of a shortage of dry clothes for Henry. At first Jessie thinks that she's sorry she washed his clothes that aren't dry yet. Then Benny suggests an option of Jessie's making clothes from a blanket, and Jessie chooses it. On this page Jessie moved from

- A. getting down on herself to listing options and choosing,
- Or
- B. celebrating luck to not awfulizing?

page 73

Benny thinks of another way to make this problem better, which is for Henry to wear his swimming suit when he goes out into the rain. This is another part of the thought process we call

- A. blaming someone else,
- Or
- B. listing options and choosing?

page 74

Henry could have thought to himself, "How bad it is that the rain got me wet and chilly while I was out!" But instead, he thought, "This is a perfect day to work on our museum things." Instead of _____, he is _____.

- A. instead of awfulizing, he is celebrating luck and goal-setting.
- Or
- B. instead of blaming someone else, he is learning from the experience?

page 75

When Benny said, “Yum yum! Jessie can make good chowder!” This is an example of the positive feedback (or positive reinforcement) that is part of the skill of

A. conservation,

Or

B. friendship-building?

page 76

Henry was probably thinking to himself, “My goal is to find something interesting and fun as we explore the island some more.” This thought would of course be

A. blaming someone else,

Or

B. goal-setting?

page 77

Suppose that when Henry corrected Benny, Benny had thought, “Hmm, I learned something from this. Next time I’ll say, ‘They’re broken’ rather than ‘They’re broke.’” Then Benny would have been

A. learning from the experience,

Or

B. blaming someone else?

page 78

When Henry says, “Nice in here,” he is

A. goal-setting,

Or

B. celebrating luck?

page 79

When Henry says, “You think of everything, Benny,” he is

A. celebrating someone else’s choice,

Or

B. listing options and choosing?

page 80

When Jessie says, “Oh, look, Henry!” she is probably thinking, “This is really bad! The water is starting to fill up the cave! We could get drowned!” This would be an example of how it is sometimes very appropriate to:

A. awfulize,

Or

B. blame someone else?

page 81

When Henry says, “I am the one who ought to have watched the tide,” he is doing just a little bit of

A. not awfulizing,

Or

B. getting down on himself?

page 82

When Henry says, “How lucky we are to be out,” and Violet says, “Thank good old Watch for that,” they are doing which two thoughts?

A. not awfulizing and goal-setting,

Or

B. celebrating luck and celebrating someone else’s choice?

page 83

After being so scared when the water was coming into the cave, Benny relaxes and gets very sleepy once he is safe and sound. Being able to relax is a very important part of the skill of

A. self-care,

Or

B. conservation?

page 84

When Joe urges Benny to go back to the cave, as long as they are careful to calculate when the tide comes in, he is urging Benny to use the skill of

A. courage,

Or

B. respectful talk?

page 85

When Joe carries Benny back to his own bed, he is using the skill of

A. nonviolence,

Or

B. kindness?

page 86

Joe and the children are all getting pleasure from trying to discover things about the Indians who had been on the island. Pleasure from discovery is part of the skill of

A. joyousness,

Or

B. fortitude?

page 87

When Joe says, “What a wonderful thing to find!” he is

A. getting down on himself,

Or

B. celebrating someone else’s choice?

page 89

Henry tells Benny to sit down and wait, and Benny does exactly as Henry tells him. This is the skill of

A. compliance,

Or

B. friendship-building?

page 90

When Benny and Violet save the things they think might be interesting or worth something, rather than just breaking them or wasting them, that is the skill of

- A. conservation,
- Or
- B. self-care?

page 91. When Joe tells Violet to move so that she will be in the picture, she does exactly as she is told. This is an example of the skill of

- A. compliance,
- Or
- B. nonviolence?

page 92

Which of the four ways of listening to someone else is it when Joe says to Henry, “Good for you, Henry!”

- A. A reflection,
- Or
- B. positive feedback?

page 93

Benny would rather fish, but he digs instead, because they are trying to accomplish a goal of finding the relics on the island. When you do something less pleasurable for the sake of achieving a goal, you are

using

A. self-discipline,

Or

B. conflict-resolution?

page 94

Violet looks at Joe's eyes and sees that he is intensely interested in the bowl. She is realizing how someone else is feeling. This is called empathy, which is a very useful skill for

A. friendship-building,

Or

B. conservation?

page 95

Joe asks the children to please let him do the digging while they sat back and watched. They did exactly as he asked, without arguing. They showed the skill of

A. courage,

Or

B. compliance?

page 96

Joe decides not to move the skeleton, because he wants to wait until they have the proper tools. He probably figures that if they try to move it too soon, they might break it. He decides to cover it back up to protect it. He is probably using the skill of

- A. respectful talk,
- Or
- B. good decisions?

page 97

Henry proposes a name for that end of the island, and they all agree on that name and use it, without spending a lot of time arguing over it and fighting with each other about what to call it. This is an example of the skill of

- A. good joint decisions,
- Or
- B. positive fantasy rehearsal?

page 98

The children see Joe playing the violin for fun. Playing music for fun is a way that people exercise the skill of

- A. good decisions,
- Or
- B. joyousness?

page 99

When Violet asks Joe to let her hold his violin, he lets her. This is an example of

- A. kindness,
- Or

B. productivity?

page 100

Joe, Jessie, and Henry all could tell by looking at Violet how intensely interested she is in the violin. They are recognizing how someone else is feeling. This is called empathy, which is a very important skill for

A. friendship-building,

Or

B. courage?

page 101

Violet realizes what is making her sad, and she puts it into words. She very much wants to learn to play the violin, but she feels that she should be helping out her family members instead. She has two wishes that conflict with each other. She is using a skill called

A. productivity,

Or

B. awareness of her own feelings, which is part of good decisions?

page 102

If instead of getting a violin the day after she wanted one, Violet had had to work and save up money for a couple of years before she could get the violin, she would have had to use the skills of

A. productivity and self-discipline,

Or

B. friendship-building and respectful talk?

page 103

When Joe and Violet plan to have a violin lesson, and Benny wants to go with them, Henry quickly suggests something else for Benny to do. He does this out of consideration for Violet, because he doesn't want Benny interrupting her lesson. He's using the skill of

- A. kindness,
- Or
- B. self-care?

page 104

When the children sit for a long time fishing without anything happening, but they put up with it, that's the skill of

- A. fortitude,
- Or
- B. courage?

page 105

Benny is willing to wait a long time before he gets what he wants. He lowers his expectations, to make it easier to wait. He has found a way to increase his

- A. self-discipline,
- Or
- B. self-care?

page 106

When Jessie cooked the meal for everyone, she used the skill of

A. friendship-building,

Or

B. productivity?

page 107

When Henry says to Benny, “You are a very good fisherman,” he is

A. celebrating someone else’s choice,

Or

B. celebrating luck?

page 108

They think of several possibilities, and finally decide to have vegetables from the garden when Grandfather comes. Their thought process of listing options and choosing is doing its usual job of serving the skill of

A. good decisions,

Or

B. loyalty?

page 109

Jessie observes that Grandfather is always on time. To be on time, you have to leave things you would rather do longer, in order to leave early enough. This takes the skill of

A. nonviolence,

Or
B. self-discipline?

page 110

When all four children wait on the dock and wave to Grandfather as he comes, they are doing a “greeting ritual” that makes him feel good. Greeting rituals are an important part of the skill of

A. self-care,
Or
B. friendship-building?

page 112

When Mr. Alden says, “Where is this skeleton,” which of the four ways of listening is this?

A. reflection,
Or
B. follow-up question?

page 113

If Mr. Alden had said, “It sounds like you’re saying that Joe knows a lot,” then it would have been clear that he was listening with a

A. reflection,
Or
B. facilitation?

page 114

When Benny said that it made him cross that Joe wasn't there to meet grandfather, he was doing which of the following skills?

A. relaxing,

Or

B. putting his own feelings into words?

page 115

Mr. Alden talks about being able to wait to eat, even though he is very hungry. Waiting to get something that you want very much rather than taking it right away involves the skill of

A. friendship-building,

Or

B. self-discipline?

page 116

When the children see that the museum has their grandfather's name on it, they demonstrate the skill of

A. joyousness,

Or

B. self-care?

page 117

When Henry says, "You didn't want to kill any birds either, did you?" he is listening with a

- A. reflection,
- Or
- B. facilitation?

page 118

In order to deal with the problem that the day is very cold, the children think of things to do about that, including staying inside, and lighting the stove and keeping the door closed. They are

- A. getting down on themselves,
- Or
- B. listing options and choosing?

page 119

Henry says that his grandfather knew that Henry wanted the present Grandfather gave him. He is

- A. listing options and choosing,
- Or
- B. celebrating someone else's choice?

page 120

Suppose that when Benny said, "Henry, I think Joe ought to have stayed here to see Grandfather," Henry had replied, "Uh huh!" This would have been which way of listening?

- A. a facilitation,
- Or
- B. a reflection?

page 121

Jessie uses a big bottle as a rolling pin to flatten out the pie dough, instead of buying an expensive rolling pin at a store. Her saving money in this way is an example of

- A. positive fantasy rehearsal,
- Or
- B. conservation?

page 122

When Jessie says, about her plan, “I think it’s going to be the best thing about this pie,” she is

- A. celebrating her own choice,
- Or
- B. not blaming someone else?

page 123

Some people would advise children not to invite strangers to come in and sit down when they arrive at the door. They would make this advice thinking about the skill of

- A. self-care,
- Or
- B. joyousness?

page 124

When Jessie invites Mr. Browning to stay for dinner and share the pie, she is using skills of

A. self-care,

Or

B. friendship-building?

page 125

When Mr. Browning decides that he must see Joe, he is

A. awfulizing,

Or

B. goal-setting?

page 126

When Mr. Browning compliments Jessie about making the pie, before he leaves, he is using a parting statement that demonstrates the skill of

A. friendship-building,

Or

B. productivity?

page 127

Imagine that Joe had replied to Jessie by saying, “If I understand you right, you’d like me to help you build a fire, correct?” He would have been listening with a

A. reflection,

Or

B. facilitation?

page 128

When they issued invitations to their picnic, they are doing something important for the skill of

A. nonviolence,

Or

B. friendship-building?

page 129

When Mike and Benny start contradicting each other in an argumentative tone of voice, they get into an argument because they are not fully enough using the skill of

A. self-care,

Or

B. respectful talk?

page 130

When Henry helped Mike to take care of his cut, he gave an example of

A. self-discipline,

Or

B. kindness?

page 131

Henry wanted to keep an eye on Mike and Benny, but all of a sudden

they appeared to be missing. When Henry heard Benny's voice, he probably thought, "Whew. Now I know he's here and he's safe." Henry probably felt the emotion of

- A. anger,
- Or
- B. relief?

page 132

When Morris asked Benny and Mike to get out of the cave, they obeyed at once. This is an example of the skill of

- A. courage,
- Or
- B. compliance?

page 133

Together they figured out what the directions inside the bottle meant and chose what to do to find whatever was buried. They are using the skill of

- A. good decisions,
- Or
- B. self-care?

page 134

When Mike says, "It's mine, all mine," and claims the buried treasure even though everyone else had just spent an hour digging, he was giving more of an example of

- A. kindness,
- Or
- B. selfishness?

page 136. Jessie thinks of a way that Mike can get what he wants and Grandfather can get what she thinks he would want, and they would both be happy. Thinking of options like this is central to the skill of

- A. joyousness,
- Or
- B. good joint decisions?

page 137

When Joe goes out into the water to try to save the boys from drowning, he says to himself, "I'm not afraid." He is doing this to help himself use the skill of

- A. nonviolence,
- Or
- B. courage?

page 138

Henry looks at Mike and realizes how he is feeling; this leads him to ask, "Why are you so scared." Henry is using the skill of empathy, which is

- A. recognizing how someone else is feeling,
- Or
- B. feeling good about achieving something?

page 139

Henry thinks that Pat and Johnny did a bad thing by just taking someone else's rowboat and using it. What they did was a bad example of

- A. honesty,
- Or
- B. loyalty?

page 141

When Johnny says, "We won't ever take a boat again," this thought is

- A. learning from the experience,
- Or
- B. celebrating his own choice?

page 142

When Benny starts to cry because his friend is going, he demonstrates that he has a way to go in developing his skill of

- A. loyalty,
- Or
- B. fortitude?

page 143

When Mike yells that Spotty can run faster than Watch, he is trying to make Benny mad and stir up an argument. If Benny were to think, "I'm going to choose not to blame him for saying that, because it wouldn't be fun to argue with him," then Benny would be

- A. not blaming someone else,
- Or
- B. celebrating luck?

page 144

When Violet says to Henry, “You don’t call Joe company, do you?” she is listening and using a

- A. follow up question,
- Or
- B. facilitation?

page 145

All Benny asks for, for his birthday, is one bottle of cream to put on blackberries, instead of lots of costly toys. The fact that his family members don’t waste money on a lot of junk is an example of

- A. conservation,
- Or
- B. nonviolence?

page 146

When Jessie and Violet make a cake for Benny’s birthday, that is a combination of

- A. productivity and kindness,
- Or
- B. honesty and fortitude?

page 147

Benny offers to wipe the dishes, and Jessie says to him, “Aren’t you a good boy! And on your birthday, too!” She is

A. not awfulizing,

Or

B. celebrating someone else’s choice?

page 148

Violet puts on her first violin performance of her life, but instead of showing lots of stage fright, she stays calm and cool. Suppose that she helped herself do this by practicing in her imagination putting on the performance with people listening. This would have been an example of

A. positive fantasy rehearsal,

Or

B. nonviolence?

page 149

Joe starts to introduce the children to Mr. Browning. Introducing people to each other is an important part of which skill?

A. honesty,

Or

B. friendship-building?

page 150

Jessie begins to figure out that Joe was the one who wrote a bunch of the

books that they got from the library. Writing books takes a lot of

A. productivity,

Or

B. loyalty?

page 151

After Henry hears that Joe's father and Henry's grandfather were brothers, Henry asks, "Joe, did you ever live with Grandfather?" This is a way of listening called a

A. facilitation,

Or

B. follow-up question?

page 152

When Benny says to Joe, "I'd rather have you live with us than even Watch!" this is a very strong message that he likes Joe. Messages that tell the other person that you like him or her are a very important part of

A. friendship-building,

Or

B. productivity?

page 153

When Henry heard that Grandfather and Dr. Moore and Dr. Moore's mother had all decided to come to the island on Benny's birthday, he said, "That's great. We'll have a big party." He is

- A. celebrating someone else's choice,
- Or
- B. blaming someone else?

page 154

Mr. Browning thinks that it might be a problem for Mr. Alden to get the news about Joe all of a sudden. Suppose they had thought of several different ways to solve this problem, and then picked the plan that Joe would stay in the hut until Jessie told him it was OK to come and see his uncle. This would have been

- A. not getting down on himself,
- Or
- B. listing options and choosing?

page 155

When Jessie tells Grandfather that they got Benny the bottle of cream for his birthday, Grandfather responds with one of the four ways of listening. When he says, "You did right, my dear," that is

- A. positive feedback,
- Or
- B. a reflection?

page 156

Jessie probably thinks of several different possibilities for how to tell her Grandfather about Joe, and then she decides to follow up on what Benny said. Her listing options and choosing is helping her with the skill of

- A. good decisions,
- Or
- B. productivity?

page 157

The children all try to give the news to their grandfather in the way that will be the very best for him. Their love and caring for him are connected with their

- A. kindness,
- Or
- B. conservation?

page 158

Doctor Moore promised not to tell who Joe was, and he kept his promise. Keeping promises is a part of the skill of

- A. positive fantasy rehearsal,
- Or
- B. honesty?

page 159

Jessie does what she often does: she figures out the different tasks that need to be done, and who will do them. This is really a useful part of the skill of

- A. productivity,
- Or
- B. joyousness?

page 160

When Benny laughs and says, “Ho, that looks just like Watch in the middle of my cake!” he is

A. celebrating someone else’s choice,

Or

B. not awfulizing?

page 162

When Mr. Alden looks at the smiling faces and feels good that everybody is happy, that is

A. self-discipline,

Or

B. joyousness?

page 163

Violet prefers to go home, so she can be with Grandfather, despite the fact that she had lots of fun on the island. This is an example of

A. loyalty,

Or

B. self-care?

page 164

Joe says, “Somebody ought to dig there who understands it.” Henry replies by saying, “Meaning yourself?” Henry is using a

- A. follow-up question,
- Or
- B. positive feedback?

page 165

When Benny finds out he can't come to see the explosion of the top of the cave, he has a tantrum. This is a bad example of

- A. fortitude,
- Or
- B. nonviolence?

page 166

When Henry says, "He hasn't howled all summer until today. He's getting over it," he is choosing to focus on the good part of Benny's behavior rather than the bad part they just heard. He is _____ instead of _____.

- A. celebrating someone else's choice ... blaming someone else,
- Or
- B. awfulizing ... learning from the experience?

page 167

When Jessie tells Watch to stay with Joe, Watch obeys. This is the skill of

- A. positive fantasy rehearsal,
- Or

B. compliance?

page 169

Benny asks why there's a red board, and Captain Daniel tells Benny he has good sharp eyes to notice that. The way of listening that Captain Daniel uses is

A. a reflection,

Or

B. positive feedback?

page 170

Henry warned Benny not to pick up the lobsters, because he didn't want Benny to get hurt by their claws. He was giving Benny some advice about

A. loyalty,

Or

B. self-care?

page 171

When the pot is empty, Jessie says, "Too bad," but doesn't get very upset. This is

A. fortitude,

Or

B. good joint decisions?

page 172

When Jessie invites Captain Daniel to dinner, and he says, “Yes, thank you,” he gives an example of

- A. productivity,
- Or
- B. respectful talk?

page 173

When Joe said to Benny, “I’m sorry, but only the ones who do the work can come,” he is standing his ground and not giving in – he is being assertive, in a nice way. This is an important part of the skill of

- A. conflict-resolution, or joint decision-making,
- Or
- B. joyousness?

page 174

When Joe says he hopes they don’t feel too bad about not doing the digging, and Henry says, “We understand. It will be better this way,” Henry is showing the skill of

- A. fortitude,
- Or
- B. productivity?

page 175

When Benny says, “Good bye, barn. I’m not going to cry,” he is working at the skill of

- A. fortitude,
- Or
- B. nonviolence?

page 176

When Benny tells his grandfather that they will blow the top off the cave, and Grandfather says, “Really?” the word “Really?” is a

- A. reflection,
- Or
- B. facilitation?

page 177

When Jessie goes in to listen to Benny, she is once again using the skill of

- A. kindness,
- Or
- B. positive fantasy rehearsal?

page 178

As the story ends, Mr. Alden is making plans for his grandchildren. If he is rehearsing in his mind some of the things that he will do, that is

- A. nonviolence,
- Or
- B. positive fantasy rehearsal?

Questions on *The Yellow House Mystery* (#3 in the Boxcar Children Series)

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page 9

A “positive reinforcer” is very much like a reward – it's something pleasant. What, according to the information on this page, is usually positively reinforcing to the four Alden children?

A. The big house,
or

B. The way their cousin Joe acts toward them?

page 10

When Joe says, “You children can come to the island, if you stay right with me,” he's probably hoping that the children listen to his instructions, or that they use the skill of

A. joyousness,
or

B. compliance?

page 11

When you say what positive reinforcer someone is trying to get, or what

unpleasant thing someone is trying to avoid, you are telling the person's motive in doing something. What was grandfather's motive in blasting off the top of the cave?

- A. To destroy the cave so that no one would get trapped inside it,
or
- B. To make it easier to dig out the things that are in the cave?

page 12

What motive do Henry and Benny have for running around and telling everyone to hurry?

- A. They want to see the action when the cave is blasted.
or
- B. They want to stop the people from blasting.

page 13

If Joe and the workmen keep their promise and wait for the children before they blast the cave, because they know it will be fun for the children to see it, that will be an example of

- A. kindness,
or
- B. conservation?

page 14

Even though the children might have wanted to dig more inside the cave, they handled it when Joe wouldn't let them. This is an example of

- A. productivity,
- or
- B. fortitude?

page 15

At this point, it seems more likely that the children like Alice Wells because of her

- A. joyousness,
- or
- B. courage?

page 16

When Benny did as he was told, he used

- A. respectful talk,
- or
- B. compliance?

page 18

When Alice says, “Joe and I are going to try to find out what they all are,” she is thinking one of the twelve thoughts:

- A. goal-setting,
- or
- B. awfulizing?

page 19

Benny says, “I was just thinking,” and Violet responds to Benny's

comment by saying "What about?" Violet used which of the ways of listening?

- A. a follow-up question,
- or
- B. a reflection?

page 20

What do you think is a likely motive for Benny's predicting that Joe and Alice will get married?

- A. To make it more fun, and to have his family think he was smart, if it happens as he predicts.
- or
- B. To let his brother and sisters start planning for the wedding?

page 21

What do you think is the motive for digging up and saving the things that were in the sand at the bottom of the cave?

- A. To give the things back to the people who lost them.
- or
- B. To study them because they will tell some things about the people who used to live there long ago?

page 22

When Henry helps Joe carry boxes even after rowing for his school, that's an example of

- A. courage and respectful talk,
- or

B. productivity and kindness?

page 23

What does Joe say his motive was for not asking grandfather about the yellow house?

A. To avoid making Grandfather feel bad, because he seemed to feel sad about the house.

or

B. To avoid distracting Grandfather from his work?

page 24

Benny says, “Didn't I tell you?” to remind people that he predicted that Joe and Alice would get engaged. This shows that his being able to make a smart guess and have people realize it is

A. a “reinforcing” or rewarding event,

or

B. embarrassing for him?

page 25

When Alice tells Benny that they will live in the same house with him, he shouts, “Oh boy!” Which of the twelve thoughts is this?

A. getting down on himself,

or

B. celebrating someone else's choice?

page 26

If Watch really wanted to bark during the wedding but didn't, because he

knew he wasn't supposed to, then even he might have used some

- A. self-discipline,
- or
- B. self-care?

page 28

When Jessie makes the point that Joe and Alice might not want the children around, Benny responds by saying that they can invite Joe and Alice to do things with them. Benny is

- A. awfulizing
- or
- B. listing an option?

page 29

If Violet correctly figures out that there is some sadness in Mrs. McGregor's life, she is using a skill useful in friendship-building. Which one?

- A. empathy: being aware of other people's feelings.
- or
- B. assertion: sticking up for you own way when it's appropriate.

page 30

The children are lonesome for Joe and Alice. To say that someone is lonesome for someone else means that what event would be a powerful positive reinforcer?

- A. to achieve something better than someone else can,
- or

B. to have the other person's company?

page 31

When Henry asks his Grandfather the question even though he's nervous, and when he does it so politely, that is an example of

A. courage and kindness,

or

B. fortitude and productivity?

page 32

Bill's building the yellow house for him and his wife to live in was an example of

A. honesty,

or

B. productivity?

page 33

It sounds like Bill did not use compliance skills in a useful way - he was obeying even when it was NOT good and right to obey. It also sounds like he did not give good examples of

A. joyousness,

or

B. courage?

page 34

When Bill told his wife that the noise was just waves when it wasn't, this was a bad example of

- A. nonviolence,
- or
- B. honesty?

page 35

When Mr. Alden got the telephone call, he got out of bed and went to see if he could find the missing person. This is an example of the skills of

- A. kindness and productivity,
- or
- B. conservation and relaxation?

page 36

Margaret probably felt bad about this, and could have first thought that Bill's disappearance was the end of the world. If she did think this, but was eventually able to handle it, she might have used which thought followed by which skill?

- A. first awfulizing, then fortitude,
- or
- B. first celebrating luck, then productivity?

page 38

When Great-grandfather gave Margaret a home, that was an example of

A. productivity,

or

B. kindness?

page 39

Henry obviously wants to look around and try to solve the mystery of what happened to Bill. He is thinking thoughts that fall into the category of

A. goal-setting,

or

B. getting down on himself?

page 40

If the children do as Grandfather asks and don't talk about it with Mrs. McGregor, that would be an example of

A. compliance,

or

B. positive fantasy rehearsal?

page 41

Benny follows Joe and Alice's instructions exactly; he waits the two days he was asked to wait. This is another good example of _____, and his keeping his promise is also an example of _____.

A. joyousness, productivity

or

B. compliance, honesty?

page 42

The children might have wanted Joe and Alice to come home right away, but they were able to handle it and wait for them. This is a good example of

A. fortitude,

or

B. friendship-building?

page 43

If Joe and Alice bought a station wagon so that the children could come with them, they taking special care to include them. This is an example of

A. loyalty and kindness,

or

B. self-discipline and courage?

page 44

When Joe says, “Well, it looks as if we would go right back to Surprise Island,” he is restating what he heard Alice communicating. This way of listening is called a

A. reflection,

or

B. facilitation?

page 45 (listening with four responses)

Jessie is very appreciative that Joe has supported their ideas. He listens to them, and tells them that "it sounds very interesting." This is an example of some

- A. positive feedback,
- or
- B. follow-up questions?

page 46

We get the feeling that people don't think the chimney could actually make the scratching noise. They could have easily criticized his option. But instead, they all smile and say nice things to Benny. This is a good example of

- A. respectful talk,
- or
- B. courage?

page 47

Here, the group is using good organizing skills. They set their goal, and they're deciding on their priorities. This skill is part of

- A. productivity,
- or
- B. conservation?

page 48

As they explore the yellow house, what emotion do they seem to be

feeling the most?

A. sadness,

or

B. curiosity?

page 49

Everyone works very hard looking at the floor boards. But even though they really wanted to, they don't find anything. They probably had to use some

A. fortitude,

or

B. nonviolence?

page 51

Joe let Benny tap, and he showed him how. This is another example of

A. compliance,

or

B. kindness?

page 52

Benny gave Joe the hammer right away, and without protest - even if he had wanted to hold onto it. This is an example of

A. compliance

or

B. courage?

page 53

A positive reinforcer is very much like a reward. A positive reinforcer makes the behavior that it follows more likely to occur again. Which behavior of Benny's was reinforced, and what was the reinforcer?

A. persistently searching for something is the behavior; finding the letter is the reinforcer.

or

B. making the whitewash fall is the behavior; the brick's falling on the floor is the reinforcer.

page 54

Jessie thinks they don't know any more than they had before, but she doesn't awfulize. It sounds like she is able to use fortitude and feel

A. interested,

or

B. discouraged?

page 55

If Bill sold Great-grandfather's horses but spent or lent or lost the money, and if he had a conscience, he probably felt

A. curious,

or

B. guilty?

page 56

When Jessie asks, “Did Mrs. McGregor know about the race horses and the money,” she is using one of the four ways of listening:

- A. a facilitation,
- or
- B. a follow-up question?

page 57

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience. When they consult a map to learn more about the location of Bear Trail, which of these decision steps are they doing?

- A. Getting information,
- or
- B. Listing options?

page 58

Which psychological skill did Grandfather use as he said, “Yes, yes! I know what you want!”

- A. relaxation, or calming yourself down.
- or
- B. empathy, or figuring out what other people are feeling or experiencing.

page 60

Positive reinforcement makes a behavior more likely to occur again. Benny did a behavior and Alice reinforced him for that behavior. What were the behavior and the reinforcer?

A. Behavior was that Benny said, "We can all go!" and reinforcer was that Alice said, "Your little house in Maine."

or

B. Behavior was that Benny complimented Alice, and Alice said thank you to him.

page 61

When Benny says "Ho-hum" because he's getting tired of waiting, Mr. Alden and Joe could have gotten mad at this. A situation that it's possible to get mad about is called a "provocation." There are several ways of responding to provocations. Which way did they use?

A. friendliness

or

B. nonviolent use of physical force?

page 62

There are four ways of speaking to another person that often are provocations for the other person: criticising, commanding, contradicting (which means telling someone he's wrong or saying the opposite of what he said), and threatening. When Mr. Alden says, "No, sir! You take blankets from here, Joe," which two of these is he doing?

A. criticising and threatening,

or

B. contradicting and commanding?

page 63

When Benny says, “I see. The strap goes around your back,” which two ways of listening is he using?

- A. facilitation and reflection,
- or
- B. follow-up question and positive feedback?

page 64

Joe is telling his uncle that he shouldn't worry because they will be careful in their eating. He is reminding them that they will use

- A. kindness,
- or
- B. self-care?

page 65

The children probably wanted to take Watch, but they handled it when they realized they couldn't. This is an example of

- A. fortitude,
- or
- B. productivity?

page 66

Commands, criticisms, contradictions, and threats can be very mild so that they don't make people mad at all, or very severe so that they make people very mad. When Joe stops the car and says, “All out!” that is a

- A. very mild command,
or
- B. very severe threat?

page 67

When Benny said, “How do you do?” politely after being introduced to Mr. Long, and when he addressed Mr. Long by name, he gave good examples of

- A. friendship-building,
or
- B. loyalty?

page 68

If any of them had thought, “We are so fortunate to have the money to buy all these things,” they would have been

- A. learning from the experience,
or
- B. celebrating luck?

page 69

It sounds like Mr. Long could sense that Violet felt

- A. relieved,
or
- B. disappointed?

page 70

Everyone puts thought into who should ride with whom, and which supplies should go where. They are using the skill of

- A. positive fantasy rehearsal,
- or
- B. good decisions?

page 71

It sounds as if the main emotion the moose felt, upon hearing and seeing the Aldens, was

- A. fear,
- or
- B. anger?

page 74

Benny handles it easily when he can't go fishing. This is another example of

- A. fortitude,
- or
- B. productivity?

page 75

When Joe says, "Right," he is using one of the four ways of listening, called

- A. a facilitation,

or

B. a follow-up question?

page 76

When Joe sees that Henry is getting tired and slows down to wait for him, he is using the skill of

A. independent thinking, or resisting pressure from other people

or

B. empathy, or being aware of what someone else is feeling?

page 77

Henry is able to hang in there and keep paddling, even though it might have felt better to stop. This is

A. self-discipline,

of

B. honesty?

page 78

Joe is using his organizing skills here, deciding on the first and second things to do. Deciding on tasks and what order they should be done in is part of the skill of

A. friendship-building,

or

B. productivity?

page 79

The man that came to them may have figured out that he should make some noise so that he wouldn't startle them by just appearing all of a sudden, and may have decided to whistle for this reason. If so, he was using the skill of

- A. conservation,
- or
- B. good decisions?

page 80

Mr. Hill let them find the branches on their own, so they would enjoy doing it themselves. This was an example of

- A. kindness,
- or
- B. nonviolence?

page 81

Commands, criticisms, contradictions, and sometimes even threats can be very mild so that they don't make people mad at all, or very severe so that they make people very mad. When Joe says, "Cut it just below the fork, Henry," and when Mr. Hill says to Benny, "You come and hold these two trees for me," those are

- A. very mild commands,
- or
- B. very severe criticisms?

page 82

Mr. Hill's making the shelter half is another example of his

- A. productivity
- or
- B. compliance?

page 84

After Mr. Hill explains the way the dish works, Henry says, "Isn't that clever?" This is an example of

- A. follow-up question,
- or
- B. positive feedback?

page 85

We can tell that Jessie (and the rest) are excited about the butter, and the rest of the food Mr. Hill provides. They are feeling

- A. grateful,
- or
- B. impatient?

page 86

Benny volunteers to do the dishes even though he is very tired. This is a good example of

- A. kindness and self-discipline,
- or

B. conservation and honesty?

page 87

It sounds as if Violet feels

A. proud,

or

B. worried?

page 88

Everyone is calm, even as the bear steals their food! They are using

A. productivity,

or

B. courage?

page 90

The bear sticks by Mr. Hill because he has been good to the bear. But if they were good friends, you would think that Mr. Hill would not first let the bear start eating and then scare him so much that he left the food behind and ran away. These things have to do with the skill of

A. loyalty,

or

B. conservation?

page 91

Benny's eagerness to get going has made him particularly

A. productive,

or

B. honest?

page 92

When Jessie says, "That's a good name for it," this remark is closest to

A. positive feedback,

or

B. a follow-up question?

page 93

Even if Alice wants to pull in the fish super fast, she realizes she must be careful and slow if she is to succeed. Having to wait to get what you want takes

A. nonviolence,

or

B. self-discipline?

page 94

When Benny accidentally catches the hook in Alice's hair, this is something that some people could get very mad about. We call that sort of situation a

A. provocation,

or

B. friendship-building?

page 95

When Benny hit Alice with the hook, she could have awfulized or blamed Benny, but instead she was very understanding and used a lot of

A. fortitude and kindness,

or

B. self-care and productivity?

page 96

Everyone is very kind; they all get along well, even though they've just met. This is a good example of

A. compliance,

or

B. friendship-building?

page 97

When Cookie told Benny that he couldn't tell the fish apart, Benny could have continued to argue that he could. But instead, he seems to let it go. This is an example of

A. respectful talk,

or

B. loyalty?

page 98

Some people might think that porcupines are scary creatures, but the children aren't scared of them. They're using

- A. positive fantasy rehearsal,
- or
- B. courage?

page 99

When Jessie says, "We see the most interesting sights," it sounds as if she is

- A. celebrating luck,
- or
- B. getting down on herself?

page 100

When the boss says, "How old a man?" he is using one of the four ways of listening, called

- A. a facilitation,
- or
- B. a follow-up question?

page 101

If one of the men wanted some of the children's pancakes, but handled it when he could just have quick bread, then this was a good example of

- A. fortitude,

or

B. productivity?

page 102

When the children made sure to thank Cookie and the lumber boss, this was a good example of

A. honesty,

or

B. kindness?

page 103

Even as they're working so hard, Benny is able to laugh at the image of Joe carrying the canoe. This is a good example of

A. joyousness,

or

B. positive fantasy rehearsal?

page 104

As they paddle to shore, they aren't taking the time to act scared, but are working as hard as they can to protect themselves. This is an example of

A. kindness and nonviolence,

or

B. courage and self-care?

page 106

Joe chooses safety over the food and dishes. This is a good example of

A. respectful talk and joyousness,

or

B. good decisions and self-care?

page 107

They lose all of their food and dishes, but they handle it anyway. This is an example of

A. fortitude,

or

B. honesty?

page 108

Even in the stress of everything, Henry takes a moment to notice Jessie's abilities with the ax. This is a good example of

A. self-discipline,

or

B. kindness?

page 109

Joe is worried, but Jessie is still able to use real fortitude. She is glad for the things they do have. She

A. lists options and chooses,

or

B. celebrates luck?

page 110

Benny is careful to ask Alice's permission before going in the lake. This is an example of

- A. compliance,
- or
- B. productivity?

page 112

When Alice sees that Benny has retrieved some food, and says, "How glad Joe will be!" she is

- A. getting down on herself,
- or
- B. celebrating someone else's choice?

page 113

Suppose they had thought, "How can we try to retrieve our dishes and the rest of the food? The best swimmer among us could dive for them. We could get some long poles and see if we can feel them on the bottom. We could send a long fishing line down with a hook, and see if we can snag them." This way of thinking would have been the start of

- A. listing options and choosing,
- or
- B. not getting down on themselves?

page 114

Jessie says something almost the same as saying, “Joe, if I understand you right, you're saying we should have dinner, supper, and breakfast here – is that right?” This is an example of one of the four ways of listening, called

- A. positive feedback,
- or
- B. a reflection?

page 115

They are careful to save their resources and not use things up too quickly. This is a good example of

- A. friendship-building,
- or
- B. conservation?

page 116

Everyone continues to look on the bright side. When Violet says, “We are pretty lucky to have anything to eat. If you hadn't found the bag, Benny, we wouldn't be eating now,” she first

- A. celebrates luck and then celebrates someone else's choice,
- or
- B. celebrates her own choice and then blames someone else?

page 117

The children quieted down right when Joe asked them to and listened

carefully. This is an example of

A. self-care,

or

B. compliance?

page 118

When Henry says, “I can hardly wait to find clues,” this thought is an example of

A. blaming someone else,

or

B. goal-setting?

page 120

It sounds like Benny is enthusiastic when he suggests to call the place Potato Camp, despite the frustrations they've had to deal with there. This is an example of

A. loyalty,

or

B. joyousness?

page 121

When Benny says, about missing breakfast, that he can take it, he is using the thought of _____, which is very useful for the skill of _____.

A. not awfulizing, fortitude

or

B. blaming someone else, kindness

page 122

Joe decides that the children's hopes are up too high, and he decides to be frank and candid with them in predicting that their mission will end in failure. He's using the skill of

A. honesty,

or

B. self-care?

page 123

Joe was worried the kids would be disappointed, but they are very kind and remind him that they will have had fun no matter what. Because of this, Joe seems to feel

A. relieved,

or

B. lonely?

page 125

Benny makes a decision to accept help from Joe. Often, a good decision to accept help requires one to be brave enough to admit that one can't do something alone, and to overcome the fear of losing face. Thus the ability to accept help can be seen as a subskill under the skill of

A. positive fantasy rehearsal,

or

B. courage?

page 126

A positive reinforcer follows a behavior, and makes that behavior more likely to occur again. What are the behaviors and the reinforcer?

A. Behaviors are choosing to fish and accepting help; reinforcer is catching the big lake trout.

or

B. Behaviors are paddling and sitting; reinforcer is the motion of the canoe.

page 128

If the children had expected that of course, someone would be waiting for them the instant they arrived, who would help with the canoes, offer to cook them anything they want, and take them right to the very clean place where they could get all the food they wanted, this would have been

A. reasonable expectations,

or

B. too much entitlement?

page 129

The author doesn't tell us that the Aldens thanked Jim profusely for the food he brought them, and paid him for their meal, but we presume that they did so while feeling great

A. compassion,

or

B. gratitude?

page 130

When Alice smiles at Jessie and says, “Right!” that's an example of

A. positive feedback, (also known as positive reinforcement)

or

B. a command?

page 131

Jessie is careful to ask whether the Indians mind visitors. This is an example of

A. kindness,

or

B. joyousness?

page 132

The girl doesn't have to reach out to Violet and teach her how to weave, but she does anyway. This is a good example of

A. honesty and self-care,

or

B. friendship-building and kindness?

page 133

Positive reinforcement is something that comes after a behavior that increases the likelihood that a behavior will take place in the future.

What is the behavior and what are the reinforcers for Violet on this page?

A. behavior is skillful weaving; reinforcers are compliments from Alice and Henry.

or

B. Behavior is the girl's saying "You try it now"; reinforcer is Henry's looking around.

page 134

Jessie cries because she probably thinks, "Maybe something horrible has happened to Benny! Maybe he's in great danger!" These thoughts would probably represent an appropriate use of

A. awfulizing,

or

B. not getting down on herself?

page 135

Suppose they thought, "How can we find Benny? We could all go looking, together. We could ask Jim for advice. We could ask Rita for advice. We could all split up and go in different directions looking for him." This would be the beginning of the thought pattern called

A. learning from the experience,

or

B. listing options and choosing?

page 136

Everyone realizes that Rita knows best here. They trust her, and do as she asks. This is an example of

- A. good decisions and compliance,
- or
- B. productivity and joyousness?

page 137

It was not very considerate of Benny to leave without telling anyone. This was NOT such a good example of

- A. kindness and good decisions,
- or
- B. courage and fortitude?

page 139

The hermit was probably willing to talk with Benny because he is young and not dangerous. But it was probably also due to the fact that Benny is good at

- A. friendship-building,
- or
- B. self-discipline?

page 140

Jim offers to let them stay in the house as long as they want, and to give or lend them anything they need if he has it. There are several types of kindness, and the type Jim is modeling is

- A. generosity, giving freely to someone else,
or
- B. paying someone a compliment?

page 141

When Henry says to Benny, “Right, so you won't get out of my sight,” he reminds Benny that Benny did something irresponsible by going off on his own without telling anyone; Benny apologizes somewhat. Henry is doing a very mild and appropriate form of

- A. celebrating his own choice,
or
- B. blaming someone else?

page 142

Benny really appreciates dry wood after all that rain. He was able to handle it when everything was wet, but now, dry wood makes him very happy. He used first one skill, then another, namely

- A. first self-care, then good decisions,
or
- B. first fortitude, then joyousness?

page 143

Since everyone is so tired, it might have been tempting to leave the dirty dishes for another time. But they wash them right away, and even prepare their beds for the night also. They are using the skill of

- A. productivity,
- or
- B. honesty?

page 144

The three speakers on this page find out that they are all feeling the same way, and this probably makes them feel closer to each other. You can only experience this closeness resulting from shared feelings if someone uses one of the subskills of friendship-building. It is

- A. forgiveness: letting go of anger
- or
- B. self-disclosure: telling someone else what you are thinking or feeling

page 145

Violet feels a little guilty about not being polite enough to Rita yesterday. She is using one of the subskills of kindness, which is

- A. assertion: sticking up for your own way, being dominant when it's appropriate
- or
- B. conscience: feeling appropriate guilt, that discourages you from being unkind to others

page 146

Rita pays close attention to how the hermit feels; she realizes that he was upset. She is using the skill of

- A. empathy, or being aware of how others are feeling; this is a subskill

of kindness.

or

B. handling rejection from someone else, which is a subskill of fortitude.

page 148

Henry listens to what Rita says and then says, "Did he live there himself?" This is a

A. reflection,

or

B. follow-up question?

page 149

When Jessie says to Benny, "What would we do without you?" she is using one of the types of kindness, which is

A. complimenting someone, showing appreciation

or

B. consoling or comforting someone when the person feels bad

page 150

Some steps in decision-making are remembered by the mnemonic SOIL ADDLE. They are: understanding and describing the SITUATION, setting OBJECTIVES or goals, getting INFORMATION, LISTING options, thinking of ADVANTAGES and disadvantages, DECIDING on a plan, DOING the plan, and LEARNING from the EXPERIENCE. When they are trying to figure out the story of what happened with Bill McGregor, they are

- A. DOING what they've already decided to do,
or
- B. Trying to understand and describe the SITUATION they are dealing with?

page 152

Some steps in decision-making are remembered by the mnemonic SOIL ADDLE. They are: recognizing and describing the SITUATION, setting OBJECTIVES or goals, getting INFORMATION, LISTING options, thinking of ADVANTAGES and disadvantages, DECIDING on a plan, DOING the plan, and LEARNING from the EXPERIENCE.

When they consider looking in the chimney, talking to the hermit, and looking for clues in the chest of drawers, which part of the decision process are they using?

- A. Figuring out their OBJECTIVES or goals,
or
- B. LISTING options for what to do?

page 153

Here Benny uses empathy; he pays careful attention to Jessie's tones of voice and her emotions. And when he asks her whether she is cross, she gives a careful, pleasant response, laughing a little. She needs to use a little more of the skill of _____, but Benny's use of _____ probably helps.

- A. self-care; conservation

or

B. fortitude; kindness and empathy?

page 154

Joe reminds Benny not to hurt the toad, but Benny is very careful. They are both interested in

A. nonviolence,

or

B. productivity?

page 156

A positive reinforcer follows a behavior, and makes the behavior more likely to occur again. What is Benny's behavior that was powerfully reinforced, and what was the reinforcer?

A. Behavior was getting dirty underneath the house; reinforcer was getting washed up.

or

B. Behavior was being curious and exploring; reinforcer was finding the tin box.

page 157

Benny asks Henry to open the box, because it is too hard for him to get open. Benny is asking for and accepting help. When someone accepts help, they often have to overcome the fear of losing face by not being able to do something all by themselves. For this reason, we classify accepting help as a subskill of

- A. conservation,
- or
- B. courage?

page 158

There are many ways to practice kindness. Which type does Jessie use when she says to Benny, “You count, Benny. You found them.”

- A. Giving credit to someone for something the person did, helping the person feel justifiably proud.
- or
- B. Spending time with someone who is lonely?

page 159

A positive reinforcer is something that comes after a behavior, that makes the behavior more likely to occur in the future. Jessie gives Benny three more reinforcers for his behaviors of exploring and following his curiosity. What are those reinforcers?

- A. apologizing, putting her arm around him, and complimenting him,
- or
- B. giving him money, giving him food, and letting him play with a toy?

page 160

Some steps in decision-making are remembered by the mnemonic SOIL ADDLE. The Aldens stop to ask Rita's advice before they go. They are using which of the steps of decision-making?

- A. Trying to figure out their goal or OBJECTIVE,

or

B. Asking for some INFORMATION from a consultant?

page 161

Benny knows just what to do because he is able to understand how Bill is probably feeling. This sort of kindness is called

A. loyalty,

or

B. empathy?

page 162

Some steps in decision-making are remembered by the mnemonic SOIL ADDLE. Bill McGregor has been a hermit for four decades because he has thought that his wife Margaret was dead, but he trusted people who were lying to him about this. He could have made a much better decision if he had taken the time and effort to

A. DO what he had already decided,

or

B. Get more INFORMATION about his wife's condition?

page 163

It may seem strange that the Aldens treat Bill almost as if he is sick and needs to get well from having heard so much good news so quickly. Perhaps they are correct that life change can be stressful. They think that the skill most important for Bill to use at present is

A. relaxation, for the purpose of self-care,

or

B. joyousness and gleefulness?

page 164

Everyone has been very nice and caring in talking to Bill and getting him to bed. Even in the excitement, however, Alice takes a moment to be kind to Benny. The type of kind act that she does is

A. teaching him something he wants to know,

or

B. paying him a compliment?

page 165

Alice does another act of kindness toward Jessie when she says, "Let me go with you." This type of kind act is

A. keeping someone company, being with someone else

or

B. helping someone with a problem the person has?

page 166

The soup has been good for Bill, but Benny's cheerfulness has probably been even better. Bill has been helped by Benny's

A. joyousness,

or

B. self-discipline?

page 168

Bill could have been insulted by what Benny said about his beard, but he responded so cheerfully that it doesn't even seem like there was a provocation for him to handle! This means he was using a particularly good sort of

- A. fortitude,
- or
- B. conservation?

page 169

When Henry says, “We all want to go home,” he is using one of the 12 thoughts, called

- A. getting down on himself,
- or
- B. goal-setting?

page 170

When Benny jumps up and down and waves his hands, he is giving a

- A. good example of joyousness,
- or
- B. bad example of fortitude?

page 171

Everyone likes the idea of surprising Mr. Alden and Mrs. McGregor, but Jessie realizes that it would be a good idea not to surprise them too much. They decide to send a telegram so it's not such a shock. This is an

example of

- A. positive fantasy rehearsal,
- or
- B. good decisions?

page 172

A positive reinforcer follows a behavior and makes that behavior more likely to occur in the future. What behavior does Bill do, and what is the reinforcer?

- A. Behavior is being shaved, and reinforcer is being told he looks fine.
- or
- B. Behavior is getting into the station wagon, and reinforcer is letting Jessie carry the money?

page 174

Jim Carr used to give Bill things to eat, even when Bill didn't say thank you. And now Bill tries to make up for it. Both of them use what type of kind act?

- A. teaching someone something,
- or
- B. giving, being generous?

page 175

A reinforcer follows a behavior and makes it more likely to happen again. What's a behavior and reinforcer that happens with Bill?

A. Behavior is asking for more information; reinforcer is finding out good news about the money.

or

B. Behavior is waving good-bye; reinforcer is talking about his brother?

page 176

If there is something scary that someone should do, we call it “avoidance” if the person doesn't do the scary thing, and “mastery” if the person masters the fear by doing the courageous act anyway. Bill should have gone to great-grandfather Alden and told him everything that happened. His not doing this, but becoming a hermit, was an example of

A. avoidance,

or

B. mastery?

page 177

When Henry says, “You mean your yellow house on Surprise Island?” he is checking out what he thinks Bill is saying, to make sure he understand right. This way of listening is called a

A. reflection,

or

B. positive feedback?

page 178

When Jessie says, “Oh, dear, we talked to him too much,” she is using a mild form of

- A. celebrating luck,
- or
- B. getting down on themselves?

page 179

They think if different ways to use the words that they have for a telegram. They are using the thought process called

- A. not awfulizing,
- or
- B. listing options and choosing?

page 180

What is a behavior, followed by a reinforcer, that Benny does?

- A. Behavior is composing a good telegram message; reinforcer is Joe's saying, "Wonderful, Benny!"
- or
- B. Behavior is riding in the car; reinforcer is Bill's sleeping.

page 182

The girl who runs the telegraph service takes pleasure in meeting some people whom she has read about in the paper. She is using her skill of

- A. nonviolence,
- or
- B. joyousness?

page 183

When Jessie says, "It shows us that we have to be very careful of Bill," she is

A. awfulizing,

or

B. learning from the experience?

Something is usually more reinforcing when you have been deprived of it. What is a reinforcer for Bill and Margaret, and how have they been deprived of it?

A. Reinforcer is being together; deprivation is being apart for 40 years!

or

B. Reinforcer is hamburger for Bill; deprivation is having had only fish and not hamburger for a long time.

page 185

Sam's plan to use Great-grandfather Alden's money to bet on horse races was a bad example of

A. honesty and conservation,

or

B. joyousness and friendship-building?

page 186

When the men who came to the cabin had a fight with Bill and lied to him about Margaret, they used bad examples of

A. courage and positive fantasy rehearsal,

or

B. nonviolence and honesty?

page 187

When Violet and Benny feel happy about Mr. and Mrs. McGregor being happy in their rooms of the house, and Joe and Alice in theirs, they are using a certain type of joyousness skill:

A. taking pleasure in seeing other people's happiness,

or

B. taking pleasure in discovery of something new?

page 188

What's a behavior that Violet does, described on this page, and a reinforcer that makes it more likely to occur again?

A. Behavior is washing clothes, and reinforcer is the fresh feeling that clean clothes give her.

or

B. Behavior is making a suggestion to Grandfather, and reinforcer is Grandfather's saying, "A fine idea!"

page 190

Even after their adventure, everyone is excited to work hard and fix up the little yellow house. They are using good examples of

A. productivity and joyousness,

or

B. friendship-building and honesty?

page 191

Mrs. McGregor could have been thinking, “You were not smart to stay away like that, Bill!” but instead, she thought, “Thank you, children.” She chose to think this thought: _____ instead of this one: _____.

A. getting down on herself; learning from the experience
or

B. celebrating someone else's choice; blaming someone else

Questions on *The Woodshed Mystery* (#7 in the Boxcar Children Series)

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page 13

What might grandfather have said, to use his social skills a little more (and these are part of friendship-building skills), after Benny called him to the phone?

A. "Thanks for answering it, Benny."

or

B. "So if I understand you right, it's long distance?"

page 14

Grandfather asks Benny to find Henry. If Benny does that right away, that's an example of

A. courage,

or

B. compliance?

page 15

When Jessie says, “Why does she want to move?” that’s an example of one of the four ways of listening, called

- A. a facilitation,
- or
- B. a follow-up question?

page 16

Jessie offers to do a lot of work to get the farm ready for Aunt Jane. If she does it, this will be an example of at least 2 of the sixteen skills:

- A. productivity and kindness,
- or
- B. nonviolence and respectful talk?

page 17

Watch doesn’t like it when Benny holds him and jumps up and down. But he puts up with it without a fuss. Watch is doing an example of one of the 16 skills:

- A. productivity,
- or
- B. fortitude?

page 18

When the store manager says, “And you want to buy that farm back?” he’s checking out his understanding of what grandfather said, using one of the 4 ways of listening:

- A. a reflection,
- or
- B. positive feedback?

page 20

When grandfather and Mr. Elisha Morse agree on the sale of the farm, without even mentioning the price for it, that is a very unusual and probably not often a workable way to exercise the skill of

- A. fortitude,
- or
- B. joint decisions?

page 21

When Benny says, “Grandfather, you are simply wonderful,” he is giving an example of one of the 12 thoughts:

- A. celebrating someone else’s choice,
- or
- B. not getting down on himself?

page 22

When Jessie and Mr. Alden talk about possible plans for going to the farm, and how long to stay, they are doing, at least partially, one of the 12 thoughts:

- A. not awfulizing,
- or
- B. listing options and choosing?

page 23

When they say that Maggie will take care of Aunt Jane, it sounds as though they think that Maggie is good at the skill of

- A. kindness,
- or
- B. positive fantasy rehearsal?

page 24

When Benny enthusiastically agrees to go any time Mr. Alden wants, he is showing his skill of

- A. joyousness,
- or
- B. conservation?

page 25

When Jessie talks about “our nice Mr. Carter,” she probably is remembering lots of nice things he has done in the past. She’s doing one of the 12 thoughts:

- A. not getting down on herself,
- or
- B. celebrating someone else’s choice?

page 26

When they were deciding what to pack for the trip to the farm, they

were using the skill of

- A. good decisions,
- or
- B. nonviolence?

page 27

It was a lot harder for Benny to get out of bed than to volunteer to do so. But he did it, using the skill of

- A. self-discipline,
- or
- B. honesty?

page 28

If Mr. Morse had told grandfather about the leaky roof before getting the check for the farm, rather than after, we would have a little more admiration for his skill of

- A. honesty,
- or
- B. nonviolence?

page 29

Grandfather has so much money that he can buy a farm without even looking at it first, or hearing about the things that are wrong with it. He has enough money that he is not particularly interested in the skill of

- A. conservation

or

B. kindness?

page 30

If Henry had said to himself, “I suppose I should have gone back. That wasn’t very smart of me to keep going,” that would have been an example of one of the 12 thoughts:

A. not awfulizing,

or

B. getting down on himself?

page 31

Mr. Alden talks about how Jane always stood up for the Bean boy, whom she liked. She was using the skill of

A. loyalty,

or

B. self-care?

page 32

When Benny says, “Did he shoot anybody with it,” and when Jessie says, “What was his first name,” they are using one of the 4 ways of listening, called

A. facilitations,

or

B. follow-up questions?

page 33

When Mr. Alden gets excited about finding the old farmhouse, he is using his skill of

A. joyousness,

or

B. self-discipline?

page 34

When Jessie says, “I don’t see anything bad about the house,” she’s using one of the 12 types of thoughts:

A. not awfulizing,

or

B. goal-setting?

page 35

As they look around in the house, they are enthusiastic and curious and surprised. They could have been bored, and thought, “It’s just an old house, so what.” But instead, they used their skills of

A. courage,

or

B. joyousness?

page 36

When they speak about where to stay and whether to clean the place up themselves or to get someone else to, they are using one of the 12 types

of thoughts:

- A. listing options and choosing,
- or
- B. blaming someone else?

page 37

When grandfather thinks, and says, “I want to know just what is going on,” he is using one of the 12 thoughts:

- A. celebrating luck,
- or
- B. goal-setting?

page 38

When grandfather says, “I want to know what it is, silly or not,” he is being assertive. And assertiveness is one of the sub-skills of

- A. joint decision-making or conflict-resolution,
- or
- B. joyousness?

page 39

When they say that Andrew was wild, made a lot of trouble, and possibly started a fire, they seem to tell us that Andrew was not good at the skill of

- A. loyalty,
- or

B. good decision-making?

page 40

When Mr. Alden says that there is some story about the gun, and that they need to find out what it is, he is using one of the 12 thoughts:

A. goal-setting,

or

B. celebrating his own choice?

page 41

If the neighbors are thinking, “We’re glad that Miss Alden decided to come back here,” they are using one of the 12 thoughts:

A. learning from the experience,

or

B. celebrating someone else’s choice?

page 42

To build two bathrooms in an old house very quickly, when the house has never had bathrooms in it, would require a tremendous amount of which skill by the construction workers?

A. productivity,

or

B. respectful talk?

page 43

When Benny says the word “Spooky” upon seeing the barn, he probably feels at least a little bit of which emotion?

- A. fear,
- or
- B. compassion?

page44

When Mr. Alden, who always listens to Violet, thinks about Violet’s suggestion and makes plans to have a picnic, he is doing one of the seven steps of joint decision making (Dr. L.W. Aap). Which one?

- A. Defining the problem,
- or
- B. Agreeing on something?

page 45

When Sim resolves, “[That house] will be fixed quick,” that’s an example of one of the 12 thoughts:

- A. learning from the experience,
- or
- B. goal-setting?

page 46

Sim Morse is sure that his wife will want to use the skill of kindness in a certain way toward the Aldens. Is it

- A. helping,
- or
- B. complimenting?

page 47

When Violet thinks about getting coffee for grandfather rather than something for herself, she is showing the skill of

- A. positive fantasy rehearsal,
- or
- B. kindness?

page 48

When Mrs. Morse says, “You have courage to move into that old house,” she is using one of the 12 thoughts:

- A. listing options and choosing,
- or
- B. celebrating someone else’s choice?

page 49

When Henry thinks about asking the oldest person in town, to find out what happened to make the old house so spooky, he is using which of the 12 thoughts:

- A. celebrating luck,
- or
- B. listing options and choosing?

page 50

When Benny sees the pickles, what emotion does he seem to be feeling?

- A. surprise,
- or
- B. anger?

page 51

Mrs. Morse wouldn't take money for giving the Aldens the picnic. When she says, "It was a pleasure," she probably means that the reward for her will come from which of the 12 thoughts?

- A. celebrating her own choice,
- or
- B. not blaming someone else?

page 52

When a dog like Watch wags his tail, it's usually a signal that he is in the mood for which skill?

- A. friendship-building,
- or
- B. positive fantasy rehearsal?

page 53

In the skill of friendship-building, introductions are important. When Mr. Alden meets Delbert King, what part of an introduction was left out?

A. Mr. Alden's telling his own name.

or

B. A parting ritual?

page 54

Most of the time, to expect that you would be able to get six good workers to start working for you on the very same day that you ask them would be

A. reasonable expectations,

or

B. too much entitlement?

page 55

If Mr. Alden had thought, "What's the matter with you people? Why can't you actually tell a story?" then that thought would have been

A. not awfulizing,

or

B. blaming someone else?

page 56

When Benny says, "We'll find out what the matter is," that type of thought is

A. goal-setting,

or

B. learning from the experience?

page 57

When grandfather tells about the potato pit, he is

- A. telling about his own experience,
- or
- B. using a reflection?

page 58

When they looked for clues but didn't find any, they had to use their skills of

- A. self-care,
- or
- B. fortitude?

page 59

When Jessie says, "How lovely this looks," and when Mr. Alden says, "A fine job, men," they are being kind by

- A. consoling someone who has had a misfortune,
- or
- B. complimenting someone?

page 60

When Watch didn't like being tied up, but handled it, he was using the skill of

- A. productivity,

or

B. fortitude?

page 61

In order for Mr. Morse to be happy living alone for many years, he would need the skill of “enjoying aloneness.” This is a subskill of

A. joyousness,

or

B. kindness?

page 62

The Bean family didn’t want to see the gun any more. It probably stirred up emotions in them that were closer to

A. sadness and shame,

or

B. compassion and love?

page 63

When people stopped calling on Grandpa Cole because he was “too old,” they missed out on an opportunity for which skills?

A. kindness and friendship-building,

or

B. nonviolence and courage?

page 64

When Grandpa Cole says, “I don’t get many visitors, and I like visitors,” he gives a clue that he probably has felt which emotion lately?

- A. fear,
- or
- B. loneliness?

page 65

When Benny says, “Hiding? Why?” the first part of what he says is a _____, and the second part is a _____.

- A. Reflection, follow up question
- or
- B. New topic question, telling about his own experience?

page 66

When they found out that John Cole knew what they wanted to find out, but that they would have to wait before asking him, they needed to use patience, which is a type of

- A. loyalty,
- or
- B. fortitude?

page 67

When Grandpa Cole says, “Come and see me,” if they had said “We will,” and then if they had made sure to keep their commitment to him, that would have been

- A. honesty and loyalty,
- or
- B. self-discipline and courage?

page 68

When Aunt Jane's eyes danced as she looked around the house, she is using her skill of

- A. good decisions,
- or
- B. joyousness?

page 69

If Sam built a place for the chickens that gave them plenty of room to move around and be happy, unlike some of the "factory farms" where chickens are kept, that would be using the skill of

- A. positive fantasy rehearsal,
- or
- B. kindness?

page 70

Benny never seems to mind when people smile or laugh at the things he says. If he got offended at this and had his feelings hurt by it, it would make it harder for him to do

- A. productivity,
- or
- B. friendship-building?

page 71

If Benny thought, “Here I am trying to tell you something important, and you just joke around about it!” that thought would be an example of

- A. blaming someone else,
- or
- B. not awfulizing?

page 72

What emotion do you think the children feel the most, when they plan to go exploring in the woods?

- A. pride,
- or
- B. curiosity?

page 73

What emotion do you think Jessie feels as she says, “Somebody lives here!”

- A. surprise,
- or
- B. anger?

page 74

If Benny was thinking, “I’m really glad I suggested that we explore here!” he would be using which type of thought?

- A. not getting down on himself,
- or
- B. celebrating his own choice?

page 75

When they think that it would scare Aunt Jane if they told her that someone lived in the woodshed, and thus they shouldn't tell her, they are doing which part of the decision-making process?

- A. Getting more information,
- or
- B. thinking of a disadvantage of an option?

page 76

When Henry says, "Let's go," he is probably feeling

- A. worried,
- or
- B. embarrassed?

page 77

If they had thought, "Sam, you're not taking this seriously enough, and you're not being smart," that thought would have been

- A. celebrating luck,
- or
- B. blaming someone else?

page 78

If someone had said, “Violet, you gave away the fact that we were here by forgetting your flowers! Now you’ve done it!” that thought would have been

- A. blaming someone else,
- or
- B. learning from the experience?

page 79

When Violet says, “We’ll certainly have to tell Aunt Jane now,” and Henry says, “Yes, that’s what we’ll do,” those are which parts of the joint-decision making process (Dr. L.W. Aap)?

- A. listing an option and agreeing on something,
- or
- B. reflecting and thinking about advantages and disadvantages?

page 80

If Aunt Jane had thought, “We could search around in the woods, or call the police, or just forget about it, or find out when Mr. Cole is coming. I like the last one best.” that would have been which type of thought process?

- A. awfulizing,
- or
- B. listing options and choosing?

page 81

What would have an example of the thought of “listing options” that they could have done in this situation?

A. We could call him on the phone, send a letter, drive to where he lives and ask him, or just wait till he comes here.

or

B. I am proud of us for being patient.

page 82

When Henry says, “You’ve got something, Violet!” he is

A. not awfulizing,

or

B. celebrating someone else’s choice?

page 83

Benny was not thinking, “I wish I were the one getting Henry’s approval instead of Violet. Why does she have to get what I wanted?” But if he had thought that, he probably would have felt the emotion of

A. determination,

or

B. jealousy?

page 84

When Henry says, “Violet! What a girl you are!” he is doing the types of kindness that are

- A. giving something to someone, and teaching something,
or
- B. listening well to someone, and complimenting someone?

page 85

If the U.S. and Britain could have worked out something that would have made it unnecessary to fight the revolutionary war, that would have been a huge triumph of what skill?

- A. loyalty,
or
- B. nonviolence?

page 86

When Benny says, “You have!” he is doing a subskill of friendship-building, which is

- A. Using a greeting ritual,
or
- B. expressing gratitude?

page 87

When Sam goes where Aunt Jane asks him to, even though he thinks the children are safe without him, he’s using the skill of

- A. joyousness,
or
- B. compliance?

page 88

When the children found that the person's belongings were back in the woodshed, what emotion do you think they felt?

- A. anger,
- or
- B. surprise?

page 89

When Benny uses logic and decides to look for an opening leading to a cellar, that's probably an example of

- A. good decisions,
- or
- B. self-care?

page 90

To decide to explore the place where an unknown person was staying took the skill of

- A. kindness,
- or
- B. courage?

page 91

When Sam tells Benny not to go down the stairs, he gives Benny an opportunity to practice

- A. kindness and friendship-building,
or
- B. compliance and fortitude?

page 92

Sam tested the stairs to make sure they wouldn't break, and he went slowly. He is using as much as possible the skill of

- A. positive fantasy rehearsal,
or
- B. self-care?

page 93

When Henry says, "Well, what is it?" that way of listening is called a

- A. a follow-up question,
or
- B. positive feedback?

page 94

Benny asks to be able to come down because he is

- A. excited and curious and wanting to explore,
or
- B. scared, and wanting to be where Sam is?

page 95

When Benny mentions that if someone put the cover on, they'd be in a

fix, he is

- A. considering an advantage or disadvantage of an option,
or
- B. learning from the experience after trying an option?

page 96

They carefully put everything in the woodshed back the way it was. Perhaps they had gained from the previous incident in which Violet had left flowers there. If so, they had done some

- A. getting down on themselves,
or
- B. learning from the experience?

page 97

When they can't find Aunt Jane by looking for her, they try calling for her dog. This is an example of

- A. thinking of more than one option to solve a problem,
or
- B. using a parting ritual?

page 98

When Benny gets a hammer and chisel so that Henry can break the top of the box off, this is an example of

- A. competition,
or

B. cooperation?

page 99

What emotion do you think Aunt Jane's shining eyes represent?

A. She's excited and pleased that they are finding out more about the mysteries of the place.

or

B. Her eyes are shining because she's starting to cry about spooky things going on.

page 100

When Benny mentions that the stranger is stealing eggs from the Beans, and everyone laughs, he doesn't get upset or angry. He goes on to his next idea. The skill of not getting overly upset or angry over little things is called

A. conservation,

or

B. fortitude?

page 101

If Aunt Jane thought, "I made a bad decision by not marrying Andy Bean," that is a mild form of which of the 12 thoughts?

A. getting down on herself,

or

B. blaming someone else?

page 102

When Violet says, “Benny Alden! Do you know what you just said?” she is saying something that would tend to make him feel good about the idea that he just had. This is called

- A. positive feedback,
- or
- B. a facilitation?

page 103

When Henry thinks, “Maybe it would take all summer, but the mystery would be solved,” he is using one of the 12 thoughts, called

- A. awfulizing,
- or
- B. goal-setting?

page 104

The old man is doing some good work by selling the Beans’ eggs. This is an example of which of the 16 skills?

- A. friendship-building,
- or
- B. productivity?

page 105

If Maggie had said, “Thank you for coming and bringing these eggs, Willie. You’ve helped us out,” and if she had not told him that his name

was not a good one for a grown man, she would have shown better skills in which areas than she did?

- A. kindness and friendship-building,
- or
- B. courage and nonviolence?

page 106

When Henry says to Violet, “Right!” that’s an example of

- A. positive feedback,
- or
- B. a follow up question?

page 107

Sam proposes that he say outside and watch while the children are down in the hole. The idea of doing this is called

- A. an option,
- or
- B. a skill?

page 108

Instead of saying, “Pick them all up,” Henry could have said, “Could you please pick them all up, Benny?” This might have been better skills of

- A. joyousness,
- or

B. friendship-building?

page 109

When Jessie says, “How do you think of everything, Violet?” she is using positive reinforcement, or a compliment, to help Violet feel good about what she did. Another phrase for the same thing is

A. a reflection,

or

B. positive feedback?

page 110

When Aunt Jane says, “I think we are soon going to find a very exciting story,” she is looking forward to feeling good about the mysteries that will be revealed, rather than feeling scared of what they would find out. She feels good because of her skills of

A. joyousness and courage,

or

B. respectful talk and loyalty?

page 111

When they laugh about the fact that Willie doesn’t use language very well, they show that they are not perfect in the skills of

A. kindness and respectful talk,

or

B. self-discipline and conservation?

page 112

The phrase, “positive reinforcement” means about the same thing as a reward, or something that feels good. Mr. Cole tells them that Andy Bean finds a certain type of situation positively reinforcing. Is it

- A. exciting situations,
- or
- B. peaceful and calm situations?

page 114

If instead of running away and hiding for years because of the fear of being put in jail, Andy Bean had consulted a lawyer about the chances of being put in jail, that would have been a better example of

- A. kindness,
- or
- B. good decisions?

page 115

When Mr. Cole says, “Now I’m sorry I didn’t ask him,” that is a very mild form of a certain type of thought. It’s probably much better for him than a more generalized form, which would have been “I am stupid not to have asked him.” The type of thought that we are talking about using mildly rather than in a more generalized way is

- A. listing options and choosing,
- or
- B. getting down on yourself?

page 116

When Henry says, “Thanks a million; you helped us a lot, Mr. Cole,” he is expressing gratitude, which is an important subskill of

A. friendship-building,

or

B. courage?

page 117

Jumping down into a hole without a clear plan about how to get back out could probably be improved on with respect to the skill of

A. thinking before acting, which is part of the skill of good decisions,

or

B. loyalty?

page 118

A positive reinforcer is something that feels good or is a reward. Negative reinforcement means taking away something that feels bad. Punishment is getting a situation that feels bad. Finding the door in the potato pit was for Henry and Benny very much a

A. positive reinforcer,

or

B. negative reinforcer?

page 119

Finding the candlestick and the boxes was a positive reinforcer for

Benny. Positive reinforcers make more likely the behaviors they come after. What behavior do you think Benny is more likely to do because of the positive reinforcement he has just gotten?

- A. exploring,
- or
- B. resting?

page 120

There was a positive reinforcer for Jessie's behavior of helping her brothers by giving them the box that let them get out of the hole. The positive reinforcer was

- A. seeing them get out of the hole successfully,
- or
- B. getting some food and money from them for putting the box down?

page 121

Sam tells them that he was standing watch over them partly because he was curious to find out more about what was going on. He is telling them that getting his curiosity satisfied is a

- A. positive reinforcer,
- or
- B. punishment?

page 122

When Henry says, "Good for you, Violet, I'm sure you are right," what behavior of hers is he positively reinforcing?

- A. The behavior of keeping silent,
or
- B. the behaviors of thinking and telling her ideas?

page 123

Violet thinks that Aunt Jane sounds about to cry because of too much excitement. It could also be that Aunt Jane had some unpleasant memories or regrets brought up by what is being found out. The skill of empathy means being aware of what others are feeling and why. Empathy is a particularly useful skill for

- A. friendship-building,
or
- B. conservation?

page 124

On this page Violet continues her efforts at empathy for Aunt Jane. Now she's moved past her original idea of too much excitement. She thinks about the fact that Aunt Jane really loved Andy Bean. If Aunt Jane thought, "I should have done things differently with Andy Bean," that would be a mild form of

- A. getting down on herself,
or
- B. celebrating luck?

page 125

On this page it's revealed that Aunt Jane feels really angry at Andy Bean

for running away. It probably is useful for her to be doing some of a certain type of thought, which helps her realize her own anger. That thought is

- A. celebrating luck,
- or
- B. blaming someone else?

page 126

When Aunt Jane starts to talk about Andy Bean, Maggie encourages Aunt Jane to go to sleep. If Aunt Jane has any unpleasant memories or feelings that she needs to get less scared of, the strategy of “mastery” means exposing herself to them and trying to handle them. The strategy of “avoidance” means trying to avoid dealing with them. The strategy that Maggie encourages is

- A. avoidance,
- or
- B. mastery?

page 127

When Benny says, “Poor Sam. He doesn’t want to go,” Benny is thinking about how someone else is feeling. Doing this is an important part of the skill we’ve called

- A. empathy,
- or
- B. honesty?

page 128

When Benny gave Jessie his hand, he did a form of kindness called

A. helping,

or

B. being a good listener?

page 130

When Sam says, “Is Andy around here now?” That’s a type of listening called a

A. facilitation,

or

B. follow up question?

page 131

When Henry says, “We must catch Andy,” that’s one of the 12 thoughts, called

A. celebrating luck,

or

B. goal-setting?

page 132

Sam probably doesn’t want to drive too fast, because he doesn’t want to do a bad example of the skill of

A. self-care,

or

B. courage?

page 133

When the bus driver says, “What’s the matter with you,” he probably is feeling at least a little

A. irritated,

or

B. relieved?

page 134

When Violet says to Andy Bean, “Don’t run away again until we tell you all about it,” she is trying to get him to deal with a problem situation by the strategy of

A. avoidance,

or

B. mastery?

page 135

When Henry says, “Oh, you don’t understand....Aunt Jane didn’t mean it,” he is trying to help Andy make a better decision. The step in decision-making that he is trying to help with is

A. getting information that has to do with the situation,

or

B. listing options?

page 136

Why do you think Benny does not ask Andy Bean what he has in the bag?

A. Because it is more fun to guess instead,
or

B. Because he thinks that it may be too private and personal information to try to get from someone he just met?

page 137

When Violet says, “What will you tell her,” that’s a follow up question. If Violet had just said, “Oh?” that would have been a

A. facilitation,
or

B. positive feedback?

page 138

Andy uses the fact that half the farm belongs to him to justify taking eggs when someone else takes care of the chickens, without telling that person. This is not a particularly good example of

A. honesty,
or

B. self-care?

page 139

When Aunt Jane says, “Andy! Andy! You did come back!” she is using one of the 12 thoughts, called

- A. not getting down on herself,
- or
- B. celebrating someone else's choice?

page 140

When Andy got jewels for Aunt Jane, he was preparing to do the type of kind act known as

- A. being a good listener,
- or
- B. giving?

page 141

When Andy says to Jessie, "You have a lot of good sense," these words are probably

- A. a positive reinforcer for her behavior of using empathy,
- or
- B. a negative reinforcer for her use of conservation?

page 142

We now know why Andy said earlier that he wanted to keep his bag with him wherever he went. What was the advantage of doing that, that we now know?

- A. That he would not lose a pretty bag,
- or
- B. That he would not lose the valuable jewels in the bag?

page 143

Things are positively reinforcing when we feel “deprived” of them, meaning we haven’t had as much of them as we want. Hunger means that we feel deprived of food. What foods will be especially positively reinforcing for Andy Bean?

- A. eggs,
- or
- B. anything but eggs?

page 144

We now know that raw eggs can carry a disease called salmonella. People who avoid raw eggs for that reason are using the skill of

- A. self-care,
- or
- B. courage?

page 145

When Andy Bean finished lunch, if he had said to Maggie and Jane, “Thanks for the lunch! It’s the best meal I’ve had in a while!” that would have been an example of the skills of

- A. self-discipline and positive fantasy rehearsal,
- or
- B. friendship-building and respectful talk?

page 146

When Mary and her husband spent a lot of time digging, they used the skill of

- A. honesty,
- or
- B. productivity?

page 147

James and her husband are willing to give away a horse and food in their plan to save the stranger who was a prisoner. They are using the skill of

- A. kindness,
- or
- B. joyousness?

page 148

James and Mary Cooper found themselves in a dilemma. They wanted to help people by hiding them, and they wanted to accomplish the goals of the revolution, but they thought that being friendly with their neighbors would somehow let the secret out. Their dilemma was

- A. friendship building versus kindness and productivity,
- or
- B. positive fantasy rehearsal versus joyousness?

page 150

When Jane says, “How did you find that hole in the woodshed?” this is a

- A. positive feedback,
- or
- B. follow-up question?

page 151

When Andrew nods and says, in response to Henry's explanation, "I think you understand the people around here," his words are an example of

- A. positive feedback,
- or
- B. a follow-up question?

page 152

When Jessie says, "Do you?" This is sort of like saying "Really?" or "Oh?" or "Is that right?" All these ways of listening are called

- A. positive feedback,
- or
- B. facilitations?

page 153

Benny thinks that the excitement of trips will be, for Andy Bean, a

- A. positive reinforcer,
- or
- B. punisher?

page 154

The thoughts that go through the children's minds when they find out that Andy and Jane have decided to get married are

- A. blaming someone else,
- or
- B. celebrating someone else's choice?

page 155

If Andy had thought, "I could run the farm and travel during the winter, or I could let Willie run the farm, or we could sell the farm, or we could look for other people to run it," that would have been an example of

- A. listing options,
- or
- B. getting down on himself?

page 156

When Benny remarks that this is the first time they have solved a mystery without grandfather's help, he is

- A. blaming someone else,
- or
- B. celebrating their own choices?

page 158

When Andy says, "I'll see to it that you always have something interesting going on," that is

- A. goal-setting,
- or
- B. awfulizing?

page 159

If Jane had said, “We can invite your grandfather to come up soon. We can ask John Carter to drive him up. Or he can drive up himself. Or he can take the bus, and we can pick him up at the station,” she would have been

- A. listing options,
- or
- B. not getting down on herself?

Questions on *Mrs. Frisby and the Rats of NIMH*

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page 3. Mrs. Frisby located her home where there would be enough warmth and food for her family. She's trying to use the skills of

- A. good decisions and self-care,
- or
- B. joyousness and friendship-building?

page 4

Eating potatoes that are slimy and taste bad in order to stay alive through the winter uses the skill of

- A. respectful talk,
- or
- B. fortitude?

page 5

Mrs. Frisby tries not to wake her sleeping children, and she goes out looking for some tasty and nutritious food not only for herself but for them. She's using the skill of

- A. kindness,
- or
- B. nonviolence?

page 6

When Mrs. Frisby sees the stored food, her first thought is to wonder who left it there and why it was abandoned. This is a type of thought that isn't listed as one of the twelve thoughts, but is another type of thinking that is often useful. Should we call it

- A. thinking about causes,
- or
- B. celebrating her own choice?

page 7

Mrs. Frisby makes a bag out of the corn shuck, so that she can carry more of the corn kernels at once. She has figured out how to solve a problem, and has used the skill of

- A. good individual decisions,
- or
- B. good joint-decisions, or conflict-resolution?

page 8

When Mrs. Frisby orders Martin to tell Timothy to come, Martin goes and does it immediately. This is the skill of

- A. joyousness,

or

B. compliance?

page 9

When Mrs. Frisby says, “Oh dear,” she is meaning, “This sounds bad.” She is recognizing that something is bad when it really is bad. This is an appropriate and useful example of the thought called

A. awfulizing,

or

B. celebrating luck?

page 10

Mrs. Frisby takes Timothy’s pulse as part of her decision-making process in figuring out what to do about him. Getting the pulse rate is the part of decision-making known as

A. Information-gathering,

or

B. Listing options?

page 11

When they make a sickbed for Timothy and go and get the food from the place where it was stored, they are using the skill of

A. productivity,

or

B. respectful talk?

page 12

Mrs. Frisby is starting out on a long, hard journey in order to save her son. Risking your own welfare for the sake of a family member whom you love is an example of the skill of

- A. honesty,
- or
- B. loyalty?

page 13

She is careful to stay close to hiding places as she makes her trip, so she can protect herself from predators. She's using the skill of

- A. friendship-building,
- or
- B. self-care?

page 14

When Mr. and Mrs. Frisby had carried Timothy to Mr. Ages's home, this was an example of the skills of

- A. productivity, kindness, and loyalty,
- or
- B. friendship-building, respectful talk, and honesty?

page 15

Mrs. Frisby had hoped very strongly to find Mr. Ages, but he was not at his home when she got there. This situation gave Mrs. Frisby an

opportunity to use the skill of

A. friendship-building,

or

B. fortitude?

page 16

Mrs. Frisby feels really glad when Mr. Ages finally comes. She now gets a chance to use the skill of

A. joyousness,

or

B. good joint decision-making, or conflict-resolution?

page 18

Mr. Ages works to diagnose and treat Timothy's sickness, without getting any money or food as a reward. He is using the skills of

A. productivity and kindness,

or

B. positive fantasy rehearsal and nonviolence?

page 19

A positive reinforcer is something that feels good or rewards someone for a behavior. What do you think were the positive reinforcers for Mr. Ages's behavior of acting as a doctor?

A. food and money,

or

B. Mrs. Frisby's gratitude, and the knowledge that he is helping?

page 20

Mrs. Frisby has thought of two options for how to get home, and she is thinking about the pros and cons of these options. She's also facing danger on behalf of her son. She's using the skills of

A. good decisions and courage,

or

B. respectful talk and honesty?

page 21

Helping Cynthia find things, not getting impatient with her, and being with her when she was sick and telling her stories to entertain her are all examples of

A. self-care,

or

B. kindness?

page 22

When Mrs. Frisby says, "But if you make so much noise again the cat is sure to hear," she is doing a certain part of the decision-making process. It is:

A. learning from the experience after the decision is carried out,

or

B. thinking of a disadvantage of an option?

page 23

When Mrs. Frisby says, “You knew better,” she is really saying something like, “You did something that wasn’t smart.” This type of thought is called

- A. celebrating luck,
- or
- B. blaming someone else?

page 24

When Mrs. Frisby orders Jeremy to come down here, and he does so, he is choosing to obey. Making good choices about obeying or not obeying is the skill of

- A. friendship-building,
- or
- B. compliance?

page 25

When Mrs. Frisby looks around to see if there is a place to hide from the cat, she is using the skill of

- A. respectful talk,
- or
- B. self-care?

page 26

Mrs. Frisby has the urge to talk about the crow’s foolishness, but decides

not to. She is using the skill of

- A. respectful talk,
- or
- B. productivity?

page 27

When Jeremy offers to help Mrs. Frisby out in the future if she needs it, he is showing his skills of

- A. kindness and loyalty,
- or
- B. fortitude and joyousness?

page 28

It sounds as if Teresa has been watching over Timothy while Mrs. Frisby has been gone. If Mrs. Frisby had said, “Thanks for watching over him, and thanks for the information,” her way of listening would have been called

- A. a facilitation,
- or
- B. positive feedback?

page 28

Mrs. Frisby resolves to follow Mr. Ages’s instructions. This is an example of the skill of

- A. respectful talk,

or

B. compliance?

page 29

Mrs. Frisby thinks about the option of staying in their winter home until Timothy is very much well, and thinks about the “con” of this option, that if they stay too long, the field may be plowed with them in it. This is the part of the decision process known as

A. Thinking of advantages or disadvantages of an option,

or

B. deciding on your objectives or goals?

page 30

At one point, Mrs. Frisby tells herself that maybe things aren’t as dangerous as she thought, because one warm day doesn’t mean a spring. This type of thought is

A. not awfulizing,

or

B. celebrating her own choice?

page 31

The shrew and Mrs. Frisby are trying to figure out how much danger they are in. Is the type of danger they are worried about

A. social danger,

or

B. physical danger?

page 32

When Mr. Frisby had said, “All doors are hard to unlock unless you have the key,” he meant that

A. All problems are hard to solve unless you’ve thought of a good option to solve that problem,

or

B. Doors with rusty keyholes are sometimes hard to unlock even with keys?

page 33

When Mrs. Frisby reminded herself that the sound of the tractor didn’t necessarily mean that Mr. Fitzgibbon was getting ready to plow, and that she and her family probably weren’t in immediate danger, she was using which of the twelve thoughts?

A. blaming someone else,

or

B. not awfulizing?

page 34

Mrs. Frisby watches and listens to try to figure out how soon Mr. Fitzgibbon will plow. Which part of the decision making process is she using?

A. Listing options,

or

B. Information-gathering?

page 35

When Mrs. Frisby breathed a sigh of relief, she probably thought something like, “Hooray! They’re not going to plow right now!” Which of the 12 thoughts is this?

- A. blaming someone else,
- or
- B. celebrating luck?

page 36

When Mrs. Frisby scolded herself for being so careless, which of the 12 thoughts was she using?

- A. getting down on herself,
- or
- B. celebrating someone else’s choice?

page 37

There’s a type of thought that is not one of the 12 thoughts, that is useful in decision making. It has to do with figuring out why things happen the way they do. When Mrs. Frisby tried to figure out why the cat seemed so sleepy, she was

- A. thinking about the causes of events,
- or
- B. getting down on herself?

page 38

The rats looked as if they knew what they were doing, and they were as well drilled as a group of soldiers. They acted as if they were intent on

A. joyousness,

or

B. productivity?

page 39

Suppose Mrs. Frisby had thought to herself, “I had forgotten what I started out to do. But I won’t punish myself for that. In fact, I’ll celebrate that I remembered it!” These thoughts would have been

A. not getting down on herself, and celebrating her own choice,

or

B. awfulizing and blaming someone else?

page 40

In getting the piece of foil for his friend who likes shiny things, Jeremy is doing the type of kind act known as

A. giving,

or

B. consoling when things go wrong?

page 41

When Jeremy pays close attention to Mrs. Frisby’s story and clucks sympathetically at times, he is doing the type of kind act known as

- A. giving,
- or
- B. being a good listener?

page 41

Mrs. Frisby could have said, “I think that you and your father are wrong. I think it depends more on whether the owl knows the answer to the question than on how he feels.” The fact that she kept quiet and didn’t contradict Jeremy is using the skill of

- A. courage,
- or
- B. respectful talk?

page 41

Mrs. Frisby is afraid of taking the trip on Jeremy’s back, but she realizes she has to try whatever she can for Timothy’s sake. She is using the skill of

- A. courage,
- or
- B. conservation?

page 44

If Mrs. Frisby had repeatedly imagined herself riding safely on Jeremy’s back to visit the owl, in order to make herself less scared to try it, she would have been using the skill of

- A. positive fantasy rehearsal,

or

B. honesty?

page 45

Jeremy shows up just when he had promised to. Keeping promises is part of the skill of

A. self-care,

or

B. honesty?

page 46

Mrs. Frisby introduces Jeremy to her children. Introducing people to one another is an important subskill of

A. courage,

or

B. friendship-building?

page 47

Jeremy, although he's supposed to be not very smart, senses Mrs. Frisby's increased tension, figures out that it's because his wings have stopped flapping, and then explains to her what is happening in order to make her feel better. He is using some very good thinking in order to exercise the skill of

A. kindness,

or

B. self-discipline?

page 48

It sounds as if Mrs. Frisby said something to herself like, “Oh, how ignorant of me; I should have known that snake-like thing was the river.” This type of thought is

- A. listing options and choosing,
- or
- B. getting down on herself?

page 49

A positive reinforcer is a payoff or reward or some event that feels good. What positive reinforcer is Mrs. Frisby doing what she’s doing, in order to get?

- A. food,
- or
- B. a safe move for Timothy and the rest of the family before the field is plowed?

page 50

If all the animals that could be the prey of the cat helped each other to escape the cat, that would be an example of the skills of

- A. loyalty and kindness,
- or
- B. productivity and respectful talk?

page 51

When the owl commands Mrs. Frisby to come inside where he lives, she has to decide whether to obey or not. Making good decisions about whether to obey someone is the skill of

- A. positive fantasy rehearsal,
- or
- B. compliance?

page The fact that Mrs. Frisby can't see that Jeremy is waiting for her, and the possibility that he might have flown off and left her in the tree, plus the fact that owls eat mice, are facts that make Mrs. Frisby have to use her skills of

- A. joyousness,
- or
- B. courage?

page 53

When the owl asks, "Moving from where? To where?" and "What garden?" he is using the way of listening that is called

- A. facilitations,
- or
- B. follow-up questions?

page 54

The owl advises Mrs. Frisby that the best option is to go ahead and move, with Timothy as wrapped up as possible, because the option of not moving would result in death for the whole family. He is trying to

use the skill of

- A. good decisions,
- or
- B. joyousness?

page 55

The owl acts as if he, or someone else, owes a debt of gratitude to Jonathan Frisby. If whoever it is helps out his wife, that would be an example of the skill of

- A. self-discipline,
- or
- B. loyalty?

page 56

Mrs. Frisby rejects the option of moving her whole house, because the cinder block is too heavy to move. She is using the part of the decision process called

- A. Figuring out the objective or goal,
- or
- B. thinking about advantages or disadvantages of options?

page 57

Mrs. Frisby practices what she must say to the rats by running it through her mind in her imagination. She is using the skill of

- A. positive fantasy rehearsal,

or

B. conflict-resolution, or joint decision-making?

page When Mrs. Frisby says, “You?” she’s checking out what someone else said, to make sure she heard it right. If she had said, “Are you really saying that you have the same sort of problem I have?” then it would be more obvious that she was using a

A. positive feedback,

or

B. reflection?

page 59

When Jeremy explains to Mrs. Frisby what the lee side of an object is, he’s helping her with a subskill of decision-making, called

A. using language well,

or

B. doing mathematical calculations?

page 60

A positive reinforcer is a reward that comes after a behavior, that makes the behavior more likely to occur in the future. When Mrs. Frisby thanks Jeremy very sincerely, that’s probably a positive reinforcer that will make what behavior more likely in the future?

A. Jeremy’s helping Mrs. Frisby,

or

B. Jeremy’s flying home fairly late?

page 61

Teresa is telling the other children that even though it's late, that doesn't mean something terrible has happened to Mrs. Frisby. This is called

A. Not blaming someone else,

or

B. Not awfulizing?

page 62

The word prioritizing, or the phrase deciding on priorities, means figuring out what is most important to do first, and what is second most important, and so forth. When is Mrs. Frisby prioritizing?

A. When she is asleep,

or

B. When she decides that checking on Timothy is more important than telling about her conversation with the owl?

page 63

When Mrs. Frisby says, "It's much too cold, too early to think about [moving day]" she is really lying to Timothy. She does that probably because she doesn't want him to worry so much that he would harm his own health. She has made a choice in an ethical dilemma, where two principles would suggest opposite choices. The two principles are

A. honesty versus kindness,

or

B. self-discipline versus fortitude?

page 64

Timothy has figured out how much danger he is in, but he is reassuring his mom that he isn't afraid of moving, probably so that she won't avoid moving and endanger the other family members. He is thus doing an example of

- A. courage, and loyalty to his family members,
- or
- B. self-discipline and productivity?

page 65

The rats had located in the thorn bush, and had made a secret tunnel through the thorn bush, probably to protect themselves from predators like Dragon the cat. Taking very elaborate steps to protect themselves is the skill of

- A. friendship-building,
- or
- B. self-care?

page 67

If Mrs. Frisby thought, "I'm scared of this big, intimidating-looking rat, but I'm not going to run away," she would be using the skill of

- A. courage,
- or
- B. productivity?

page 68

The big rat wants Mrs. Frisby to go away, but she wants to stay long enough to ask the rats for help with Timothy. The two of them want different things. This is an opportunity for the skill of

- A. joint decision-making, or conflict-resolution,
- or
- B. productivity?

page 69

If Mrs. Frisby thought, “This is so bad! I spent all this effort and it was for nothing!” then that would be one of the 12 thoughts, called

- A. not blaming someone else,
- or
- B. awfulizing?

page 70

If Mrs. Frisby thought, “How fortunate that Mr. Ages came along. Maybe he can help me.” then that would be one of the 12 thoughts, called

- A. celebrating luck,
- or
- B. getting down on herself?

page 71

When Mr. Ages says admiringly to Mrs. Frisby that it took courage to go into the owl’s home, he is using one of the 12 thoughts, called

- A. celebrating someone else's choice,
or
- B. listing options and choosing?

page 72

Mr. Ages at first thinks that he should have thought about the problem of how to move Timothy before plowing. But then he realizes that when he gave Mrs. Frisby the medicine, it was still cold, and then he got injured. If he were to think, "I guess I don't want to blame myself for not thinking about how to move Timothy," he would be using which of the 12 thoughts?

- A. goal-setting,
or
- B. not getting down on himself?

page 73

Justin interrupts Brutus so that he won't embarrass himself or make Mrs. Frisby feel bad by finishing his sentence about what Dragon did to Mr. Frisby. Thus his interrupting was a

- A. bad example of friendship-building,
or
- B. good example of kindness?

page 74

Mr. Ages and Justin are able to make exceptions to the rules that someone has made, because they seem to owe a great deal to Mrs.

Frisby's husband, and to want to help his wife and children for that reason. They are using the skill of

- A. loyalty,
- or
- B. self-care?

page 75

When Justin advises Mrs. Frisby to walk forward and lets her know there's nothing to bump into or trip over, he is trying to make her feel more comfortable and less scared. His thinking about how she might have felt and trying to make her feel better is part of the skill of

- A. self-discipline,
- or
- B. kindness?

page 76

Justin enjoys seeing Mrs. Frisby look amazed at the display of beautiful lights. His taking pleasure in showing her this is an example of the skill of

- A. joyousness,
- or
- B. nonviolence?

page 77

When Mrs. Frisby says, about the light bulbs, "You mean you just took them?" she is checking to make sure she understand correctly. This is

one of the four ways of listening, known as a

A. facilitation,

or

B. reflection?

page 78

Justin has them break the rule about the elevators being for freight only, because Mr. Ages has been hurt. And when Mrs. Frisby gasps and almost falls, he reaches out to steady her. The author is showing us that he is good at the skill of

A. kindness,

or

B. conservation?

page 79

The rat with the scar on his face had been cut or scratched so badly that his left eye didn't work any more. Handling and injury like this gives lots of opportunity to practice the skill of

A. fortitude,

or

B. joyousness?

page 80

Nicodemus directs Justin to take Mrs. Frisby to the library, and Justin immediately starts to do it. He is using the skill of

- A. positive fantasy rehearsal,
- or
- B. compliance?

page 81

When the author tells us that Justin pronounced the word Plan with a capital P, I believe the author is joking with us, since of course the pronunciations of words don't really say whether the first letter is capitalized. Joking and humor are part of what make life fun, and they are thus part of the skill of

- A. positive fantasy rehearsal,
- or
- B. joyousness?

page 82

Some people can't tolerate being alone. But it sounds as if Mrs. Frisby is enjoying her time alone, because she's taking time to think. She wonders about the past, and what happened with her husband and the rats. She probably wonders about what "Plan" the rats are considering. She's using the skill of

- A. enjoying aloneness,
- or
- B. being aware of other people's feelings?

page 83

Mrs. Frisby becomes very curious. Curiosity is what sets us up for another of the subskills of joyousness, which is called

A. pleasure from discovery,

or

B. pleasure from your own acts of kindness?

page 84

Mrs. Frisby wants to go exploring, but she remembers that she was told to wait in the library, so she does so. She is using the skill of

A. respectful talk,

or

B. compliance?

page 85

What emotions does the young rat appear to feel when she notices Mrs. Frisby in the library?

A. surprise and some fear,

or

B. calmness and pride?

page 86

When Mrs. Frisby says, “Did Nicodemus come from NIMH too?” she is using one of the four ways of listening, known as

A. positive feedback,

or

B. a follow-up question?

page 87

When Mrs. Frisby says to Isabella, “It’s a pretty name,” she’s using one of the four ways of listening called

- A. A facilitation,
- or
- B. positive feedback?

page 88

Mrs. Frisby seems to be thinking something like, “I want to understand what is going on, and to figure out why everyone is doing what they’re doing.” This is one of the 12 thoughts, known as

- A. goal-setting,
- or
- B. not awfulizing?

page 89

Justin helps Isabella pick up her papers. The author is giving us another signal that Justin distinguishes himself in his skill of

- A. positive fantasy rehearsal,
- or
- B. kindness?

page 90

When Justin says, “Hello, Izzy,” that is a part of social conversation that we may call

- A. a greeting ritual,
- or
- B. telling about your own experience?

page 91

When Mrs. Frisby “could see what a beautifully simple idea it was,” and she was delighted, she is thinking one of the 12 thoughts that we call

- A. not getting down on herself,
- or
- B. celebrating someone else’s choice?

page 92

When Arthur says, “There’s just no cover at all – it’s wide open,” he’s appropriately recognizing the danger of the situation. He’s recognizing that there is something bad, when it is bad. We could say that this is a mild and appropriate use of a certain one of the 12 thoughts. If he had thought, “It’s so dangerous – someone is going to be eaten up, I just know it!” that would have been the more extreme and less useful form of this thought. We have called this thought

- A. awfulizing,
- or
- B. celebrating someone else’s choice?

page 93

They are all trying to figure out, together, how to get Dragon put to sleep long enough to move Mrs. Frisby’s house. They are starting to use one of

the 16 skills, called

A. joyousness,

or

B. joint decision-making?

page 94

In trying to figure out how to move the cinder block without being eaten up by Dragon, they think of various possible plans. They are using one of the 12 thoughts, and also one of the 7 parts of Dr. L.W. Aap. They are

A. not awfulizing,

or

B. listing options?

page 95

Mrs. Frisby volunteers to risk her life to save the life of her son. She's using the skills of

A. courage and loyalty,

or

B. joyousness and respectful talk?

page 96

When Justin touches Mrs. Frisby's shoulder gently and says, "It's hard for you to learn it this way, so suddenly," he is putting into words how he perceives her to be feeling. This is a version of one of the 4 ways of listening, called

- A. a reflection,
- or
- B. a follow-up question?

page 97

The rats are making choices about whether they have time to tell Mrs. Frisby the story, where it should be told, and whether Justin should get the powder by himself or with Mr. Ages. They are trying to do well in the skill of

- A. good decisions,
- or
- B. joyousness?

page 98

If Mrs. Frisby were thinking, “I’m glad he decided to give up some of his valuable time to tell me the story,” she would be using which of the 12 thoughts?

- A. getting down on herself,
- or
- B. celebrating someone else's choice?

page 99

The farmers who grew food and brought it to the marketplace and sold it had reason to celebrate their

- A. friendship-building,
- or

B. productivity?

page 100

Nicodemus points out that because there was so little food, there was no need to fight over it, and the rats played and had fun. He seems to be saying that when resources are abundant and not scarce, it is easier to do the skills of

A. joint decision-making (or conflict-resolution) and joyousness,

or

B. productivity and courage?

page 101

Nicodemus thinks that the mound of food in an unusual place should have been a warning to them, but it wasn't. He thinks he should have thought something like, "Wait – this might be a trap – we might be in danger – this could be really bad." This is a mild and appropriate form of a thought that is often appropriate, even though it has a "bad name." It is called

A. celebrating someone else's choice,

or

B. awfulizing?

page 102

When Jenner realizes that the men are after them, he shouts out a warning to Nicodemus, rather than using all his energy to get away. This is an example of

- A. kindness and loyalty,
- or
- B. joyousness and positive fantasy rehearsal?

page 103

If Nicodemus had thought, “I haven’t done anything morally wrong – I just took the waste food that would have gone to the incinerator, so there’s no need to punish myself,” that thought would have been an example of

- A. celebrating someone else’s choice,
- or
- B. not getting down on himself?

page 104

When one person says, “Word gets around,” and “the third voice” says, “You mean they communicate?” that person with the third voice is checking out whether he understands what the other is saying. He is doing one of the 4 ways of listening, called a

- A. reflection
- or
- B. positive feedback?

page 105

Nicodemus and Jenner start to try to figure out the situation and to understand what is going on. The fact that they are doing this, rather than wailing about what happened to them or blaming others for it, is an example of the skills of

- A. productivity and conservation,
or
- B. fortitude and courage?

page 106

The man who removed the rats from the truck has on boots, gloves, and a face mask to protect himself in case the rats bite. He is using the skill of

- A. friendship-building,
or
- B. self-care?

page 107

Positive reinforcement is a reward that comes after a behavior, that tends to make that behavior happen more frequently. Which of the following is an example of positive reinforcement that Dr. Shultz gives to his helper to reinforce his carrying out Dr. Shultz's directions?

- A. "I hope not. I've got enough tame ones."
or
- B. "Sixty-three. Good work."

page 108

It sounds as if the people at the laboratory are doing a controlled experiment, where they are giving shots with different things in them to the three groups of rats, in order to find out what the effects of the different shots are. Figuring out what causes what is often a very

important part of the skill of

- A. good decisions,
- or
- B. joyousness?

page 110

When Julie says, “Poor little thing, he’s frightened,” she seems to be feeling the emotion called

- A. fright,
- or
- B. compassion?

page 111

Nicodemus got used to getting shots at least twice a week. Getting used to something painful and not letting it bother you too much is central to the skill of

- A. conservation,
- or
- B. fortitude?

page 112

Nicodemus gradually figures out that the scientists are trying to see whether injections of a certain substance makes them able to learn more and faster. A positive reinforcement is a reward that increases the future likelihood of a behavior, whereas a punishment is something unpleasant that decreases the future likelihood of a behavior. If the scientists really

do find that what they are injecting causes the rats to get smarter, will that event, for the scientists, be

- A. a positive reinforcement,
- or
- B. a punishment?

page 113

Nicodemus describes the feeling of electric shock as unbearable, yet he tries to stand it in order to reach the open lawn and get away. His willingness to stand the pain in order to try for something he wants illustrates his skills of

- A. fortitude and self-discipline,
- or
- B. friendship-building and respectful talk?

page 114

The scientists are trying to measure the rats' intelligence by running them through mazes and having them avoid electric shock. But otherwise they are kept in cages where they have little chance to show their intelligence. If the scientists had given the rats more freedom, they might have observed more about the effects of their drugs. If so, they would have been using the skills of both

- A. kindness and good decisions,
- or
- B. honesty and fortitude?

page 115

While most of the rats seemed to feel that escape was hopeless, Justin was determined to find a way to escape, against all odds. The ability to keep persisting without giving up hope, in order to achieve a goal, is central to the skill of

- A. productivity,
- or
- B. honesty?

page 116

The rats found a way of talking to one another, by getting to the front corner of their cages and speaking through the wire front. Figuring out how to communicate successfully involved the skill of

- A. conservation,
- or
- B. good decisions?

page 117

Justin has predicted that after spending so much time and effort on the rats, the scientists will not harm him, because he is too valuable to them. He is using an important part of the skill of decision-making, called

- A. listing options,
- or
- B. predicting consequences?

page 118

When Dr. Schultz says, “We have a real breakthrough,” he is using one of the 12 thoughts called

- A. goal-setting,
- or
- B. celebrating their own choice?

page 119

When Dr. Schultz says, “Probably he’s wondering if they’re ready for their steroid injections, too,” he is saying something he knows not to be true. By doing this, he is engaging in

- A. the skill of joyousness, by using humor,
- or
- B. dishonesty, by trying to trick George and Julie?

page 120

During the time that Justin is looking around, the thought in the back of his mind probably is, “I want to learn all I can that will help me figure out how we can escape.” This is one of the 12 thoughts, called

- A. not blaming someone else,
- or
- B. goal-setting?

page 121

Dr. Schultz was excited about being able to lengthen the life spans of the rats and mice. He is probably thinking something like, “Hooray, my plan worked!” This type of thought is

- A. celebrating his own choice,
- or
- B. not awfulizing?

page 122

The rats don't feel particularly grateful to Dr. Shultz and the other experimenters, because they are just being used by them and because they are being held captive. But if they thought, "Hooray! I'm so glad they gave us these injections! We owe our being alive now to the idea that these people came up with!" then they would be

- A. blaming someone else,
- or
- B. celebrating someone else's choice?

page 123

Julie would have done a much better job of teaching reading if she had used the sounds of the letters rather than the names of the letters – if she had said rrrrr aah tuh rather than are aiee tea, and kuh for the letter c rather than see. If she had realized this mistake, and had thought to herself, "Hey, I've been making a mistake. I should have done more research on how to teach reading," then she would have done an example of the appropriate use of

- A. getting down on herself,
- or
- B. celebrating her own choice?

page 124

If Nicodemus were to think something like, “I’m very eager to learn more about reading,” he would be using which of the twelve thoughts?

- A. goal-setting,
- or
- B. awfulizing?

page 125

Nicodemus feels proud that he can read the whole sign. If he says to himself something like, “Yay! I can read it! My work paid off!” then he’s using which of the 12 thoughts?

- A. listing options and choosing,
- or
- B. celebrating his own choice?

page 126

When Justin says, “I’m going to get out of my cage tonight,” he’s using which of the 12 thoughts?

- A. not getting down on himself,
- or
- B. goal-setting?

page 127

When Nicodemus says, “If you jump down, you won’t be able to get back in. Then they’ll know,” he is doing an important part of decision-making, which is

- A. listing options,
- or
- B. predicting consequences of options?

page 128

Justin thinks that a disadvantage of the option of Nicodemus's coming with him is that if something goes wrong and both rats are discovered out, they will put locks on the cages. This is an example of how thinking of an advantage or disadvantage of an option is often the same as

- A. celebrating someone else's choice,
- or
- B. predicting a consequence of the option?

page 129

Even when Justin was excited, he stayed calm and thought clearly. This is to say that he is good at the skill of

- A. decision-making,
- or
- B. honesty?

page 130

When Justin thought something like, "Hooray! I think I've found a way to get out!" he used which of the 12 thoughts?

- A. celebrating his own choice,
- or

B. not blaming someone else?

page 131

The rats got to meet each other for the first time, but they quickly developed a strong feeling of comradeship. They are using the skill of

A. self-discipline,

or

B. friendship-building?

page 132

Justin realizes that if they just take off through the mazes, they are likely to get lost. Suppose they think of several ways to avoid getting lost, and pick the plan of using the thread to find their way back. They would be using the thought pattern called

A. blaming someone else,

or

B. listing options and choosing?

page 133

They had to spend lots of time exploring the shafts to try to find the opening to the outside, and they did this night after night. They are using the skill of persistence, which is very important for

A. productivity,

or

B. honesty?

page 134

They come to a choice point, about whether to try to leave immediately, or wait until the following night. They predict consequences so as to think of advantages and disadvantages. They are using the skill of

- A. joyousness,
- or
- B. decision-making?

page 135

The rats can see no self-interest in helping the mice escape. But they do not reject this option. This shows their skill of

- A. honesty,
- or
- B. kindness?

page 136

When Jonathan says “Thank you,” he is expressing gratitude, which is a very important subskill of

- A. friendship-building,
- or
- B. decision-making?

page 137

When Nicodemus says, “The first step must be to get out of here,” he is

- A. goal-setting,
- or
- B. blaming someone else?

page 138

When Jonathan says, “You are Nicodemus? I’m Jonathan,” he is introducing himself, which is an important part of the skill of

- A. honesty,
- or
- B. friendship-building?

page 139

When Nicodemus says, “Something terrible happened,” he is not exaggerating the badness of what happened. He is giving an example of a useful and accurate version of

- A. awfulizing,
- or
- B. listing options and choosing?

page 140

The two mice who are left want to go back and find the others. They show that they have the skill of

- A. positive fantasy rehearsal,
- or
- B. loyalty?

page 141

When Jonathan and the white mouse got out of the little hole, they could have forgotten about the rats and made their way to freedom. But instead, they worked to open the bolt so that the rats could get out. They are using skills of

A. loyalty, kindness, and productivity,
or

B. conservation, self-care, and positive fantasy rehearsal?

page 142

The rats feel grateful to the mice for helping them escape and offer to let them stay with them. This is an example of how an act of loyalty and kindness tends to promote more

A. loyalty and kindness,
or

B. conservation and positive fantasy rehearsal?

page 143

As they escape, they stay in the dark shadows and under bushes when possible. They are using the skill of

A. self-care,
or

B. honesty?

page 144

Nicodemus began to worry about the fact that whatever they ate and needed must be stolen. This shows that he is developing the skill of

- A. friendship-building,
- or
- B. honesty?

page 145

When choosing whether to go into the big house, they consider the fact that it is likely to have a big cupboard and a big freezer. They are doing the part of decision-making that is known as

- A. Thinking about advantages or disadvantages of an option,
- or
- B. Learning from the experience once the option has already been enacted?

page 146

When they ate the first can of clam chowder, if Arthur had thought, “I'm glad we decided to come in here, and I'm glad I figured out how to use the can opener!” he would have been using which thought?

- A. listing options and choosing,
- or
- B. celebrating his own choice?

page 147

Nicodemus says that they read the books with more appetite than on the food. They were using one of the subskills of joyousness, which is

- A. pleasure from discovery and learning,
- or
- B. pleasure from their own acts of kindness?

page 148

When the rats carefully cleaned up after themselves so they wouldn't be discovered, and when they spent many hours reading and practicing writing, they were in two different ways practicing the skill of

- A. honesty,
- or
- B. productivity?

page 149

Mrs. Frisby says, "Past noon!" as if she is thinking, "Oh! I've left my children all alone all this time! That's not good!" This is the appropriate and low-level use of a thought whose name sounds as if we shouldn't do it, but in fact is very useful for recognizing danger or bad situations when they exist. The thought is

- A. awfulizing,
- or
- B. celebrating your own choice?

page 150

They worked out a plan for how Mrs. Frisby would take care of her children, the rats would get ready to move her house, and she would get instructions later on about how to put Dragon to sleep. Planning and

imagining what you are going to do before doing it, especially when you have a good plan, involves the skill called

- A. positive fantasy rehearsal,
- or
- B. compliance?

page 151

Timothy wants to get up and out of bed, but he stays there because the people who are older and wiser have decided that's what's best for his health, and they have directed him to do so. He's using the skill of

- A. productivity,
- or
- B. compliance?

page 152

Mrs. Frisby decides not to kiss her children good-bye, because she doesn't want them to worry about what is going on. Probably one of the reasons she doesn't want them to worry is so that they won't come after her and put themselves in danger. She is deceiving them somewhat, just as she didn't tell them the full truth earlier when they wondered why the rats were helping them. But she deceiving them for their safety. She's in the situation called a dilemma, where two principles are opposed to one another. The two principles are

- A. self-care versus honesty,
- or
- B. productivity versus joyousness?

page 153

The rats have worked out an alarm signal in case of danger, and an escape tunnel that leads out into the woods. They have a plan that they have worked out in case their home is found by the wrong people. To form and prepare this plan they have used the skills of

- A. self-care, productivity, and positive fantasy rehearsal,
or
- B. friendship-building, respectful talk, and conservation?

page 154

As Justin shows Mrs. Frisby the great hall, he appears proud of their efforts. He probably is thinking something like, "I'm really glad that we have made the decisions we have made and discovered and developed this magnificent great hall!" He's probably using the thought called

- A. getting down on himself,
or
- B. celebrating their own choices?

page 155

The rats don't stop to socialize, because they are on a schedule and don't feel that they can stop working. They have made a choice in the dilemma where two principles are opposed to one another. The two principles are

- A. productivity versus friendship-building,
or
- B. respectful talk versus kindness?

page 156

When Mrs. Frisby says to Justin, “But what is it?” and “But why? What do you need it for?” she is using one of the four ways of listening, called

- A. facilitations,
- or
- B. follow-up questions?

page 157

The “Plan” that the rats have been working toward is the ability to live without stealing, by growing their own crops. Their willingness to put so much effort into this shows that they have all come to value the skill of

- A. joyousness,
- or
- B. honesty?

page 158

When Mr. Ages corrects Justin by saying “Not quite yet,” he is doing in a gentle way one of the things that people often do too much of in their conversations, that make for a bad emotional climate. What is he doing, and what is the entire set of things?

- A. He's doing a reflection, and the things are reflection, facilitation, positive feedback, and follow up questions.
- Or
- B. He's doing a contradiction, and the things are commands, criticisms, contradictions, and threats.

page 159

When Nicodemus says that they realized that they were among the most hated animals on earth, and that that the hatred against them wasn't mostly their fault, but unjust reasoning by the human beings, he is using a mild and appropriate form of the thought known as

- A. blaming someone else,
- or
- B. celebrating luck?

page 160

When he says that they realized that the reason they were hated was that they always lived by stealing, he was using a mild and appropriate form of the thought known as

- A. getting down on themselves,
- or
- B. not awfulizing?

page 161

They visualize what a civilization populated by intelligent rats would look like. They imagine that it would be mainly underground rather than above ground and that it would have lots of subways rather than airplanes. They are making plans for what their own civilization will be like. They are using the skill of

- A. positive fantasy rehearsal,
- or
- B. friendship-building?

page 162

To choose where to go, the rats studied maps and books, and thought hard. They wanted to go to a region where they would be protected from civilization and where there were caves. It turned out that their choices were good ones. When they studied the books and maps, they were using the part of decision-making known as

- A. listing options,
- or
- B. information-gathering?

page 163

If the rats had thought, “Oh no! A dead person! That's horrible!” and had run away, they would have been doing what sort of thought, and what sort of behavior?

- A. awfulizing thoughts, and behavior of escape from a scary situation,
- or
- B. learning from the experience thoughts, and behavior of contradicting someone?

page 164

The rats consider whether they can use the truck for themselves, and whom it rightfully belongs to. They probably figure that the machines can help them take care of themselves, but they hesitate to take something that isn't theirs. Their moral dilemma has to do with the skills of

- A. self-care versus honesty,
or
- B. friendship-building versus conservation?

page 165

When Nicodemus says, “It took us a while to understand what a treasure we had found,” he is saying that it took a while before they had their full supply of the type of thoughts called

- A. getting down on themselves,
or
- B. celebrating luck?

page 166

It was entertaining to them to try out the toys for a while. They did so, having fun, using their skills of

- A. self-discipline,
or
- B. joyousness?

page 167

When Sullivan says, “Maybe we could plug into a house current, too,” he is doing the part of decision-making called

- A. thinking of consequences of options which are advantages or disadvantages,
or
- B. listing options?

page 168

The rats found that when they tapped into Mr. Fitzgibbons' water and electricity and grain, the colony thrived and grew. The thriving and growing were

- A. advantages of the choice they had made,
- or
- B. information-seeking in order to make the decision?

page 169

The story that Nicodemus had read was designed to point out the disadvantages of doing things by energy-consuming machines rather than in a simpler way, by the energy of the body. The story was meant to help with a specific example of the skill of

- A. respectful talk,
- or
- B. decision-making?

page 170

Nicodemus decides that all the machines they found in the toy tinker's truck were not so lucky as he had originally thought they were. He decides that they had led the rats into a life style that was not good. He is recognizing a problem or danger rather than hiding it, which is the adaptive and good form of a thought called

- A. awfulizing,
- or

B. celebrating luck?

page 171

When Nicodemus observes that “A thief’s life is always based on somebody else’s work,” he is observing that if you are good enough at the skill of _____, it helps you to be also good at the skill of _____.

A. productivity, honesty.

Or

B. respectful talk, courage.

page 172

Some steps in decision-making are remembered by the mnemonic SOIL ADDLE. They are: recognizing and describing the SITUATION, setting OBJECTIVES or goals, getting INFORMATION, LISTING options, thinking of ADVANTAGES and disadvantages, DECIDING on a plan, DOING the plan, and LEARNING from the EXPERIENCE. When Nicodemus goes through the forest asking about what lies beyond, and hearing about this from the owl, he is doing which step in the decision process?

A. doing the plan,

or

B. getting information?

page 173

When Nicodemus sees Thorn Valley for the first time, what do emotions does it sound like he feels?

- A. boredom and anger,
- or
- B. excitement and awe?

page 174

Nicodemus says, “Because everything we have is stolen,” and Jenner says, “That's silly. Is it stealing when farmers take milk from cows, or eggs from chickens?” Jenner is using two types of conversation that often contribute to a negative emotional climate. They are

- A. criticism and contradicting,
- or
- B. commands and threats?

page 175

Nicodemus and Jenner disagree for two reasons, one based more on ethics and philosophy, and the other based on different predictions about whether they would be caught. Thus there are two different positions about

- A. the principle of honesty and the prediction of bad consequences,
- or
- B. the principle of loyalty and information about how far it is to Thorn Valley?

page 176

Some steps in decision-making are remembered by the mnemonic SOIL ADDLE. They are: recognizing and describing the SITUATION, setting OBJECTIVES or goals, getting INFORMATION, LISTING options,

thinking of ADVANTAGES and disadvantages, DECIDING on a plan, DOING the plan, and LEARNING from the EXPERIENCE. When the rats study how Mr. Fitzgibbon farms, and when they read books about farming, they are doing which step?

- A. describing their situation,
- or
- B. getting information?

page 177

When the rats make a detailed plan, before they actually carry it out, and go over it in their minds, they are using the skill of

- A. positive fantasy rehearsal,
- or
- B. respectful talk?

page 178

When Mrs. Frisby says, "I'm ready," meaning she is ready to risk her life trying to put Dragon to sleep, she is using her skills of

- A. joyousness,
- or
- B. courage?

page 179

Jonathan wished to spare his wife the pain of knowing that she would grow older while he did not. Thus his not telling her about the injections was motivated by

- A. self-care,
- or
- B. kindness?

page 180

Jenner disagreed with all the rest of the rats about what to do, so he left the group. Whether his decision-making was correct or incorrect, and right or wrong, he showed that he was good at a subskill of courage called

- A. independent thinking,
- or
- B. taking pleasure in your own acts of kindness?

page 181

When Jenner called the rest of the rats idiots, he is doing a bad example of the skill of

- A. independent thinking,
- or
- B. respectful talk?

page 182

When Mrs. Frisby says, “Is that how you got hurt?” she is using one of the four ways of listening:

- A. a follow-up question,
- or

B. positive feedback?

page 183

When Mrs. Frisby jumps in the darkness, believing that Justin is telling her the right thing, she is using a skill that we group with friendship-building. It is called

A. gleefulness: being silly, having fun
or

B. trusting: deciding whom to trust and whom not to trust?

page 184

They have given Mrs. Frisby a lot of instructions to remember at the last moment. It probably would have been better if they had told her what to do much earlier, so that she could rehearse the plan in her mind. This would have allowed her to better use the skill of

A. positive fantasy rehearsal,
or

B. honesty?

page 185

Mrs. Frisby notices that the cat bowl is farther away and that there is a stool. But she thinks, “No matter. The extra distance is just a couple of feet.” She's telling herself that what she's noticed is not dangerous. This type of thought is called

A. not awfulizing,
or

B. blaming someone else?

page 186

If Mrs. Frisby, in the desperate situation of having been captured, thought to herself, “At least I was successful in getting the sleeping powder in Dragon's food!” she would have been _____, rather than the more natural thought to think, which would be _____.

A. celebrating her own choice, awfulizing

or

B. goal-setting, celebrating luck

page 187

If the rats heard what happened, they are probably already trying to think about different possible ways of getting Mrs. Frisby loose from captivity. If so, they are using which of the 12 thoughts?

A. blaming someone else,

or

B. listing options and choosing?

page 188

Paul, Billy's brother, argues for letting the mouse go, observing that it is probably very scared. Paul is using the skills of

A. empathy and kindness,

or

B. courage and conservation?

page 189

Mrs. Frisby is more worried about her children than herself. She is showing the skill of

A. friendship-building,

or

B. loyalty?

page 190

When Paul says, “That's a new one, rats stealing motors,” he is restating what the other person said, not exactly to make sure he understood it right, but to comment on it. If he had said, “So if I understand you right, it looked as if the rats were trying to steal the motor?” then there would be no doubt that he was using a

A. positive feedback,

or

B. reflection?

page 191

One of the most important courage skills is realizing when there is danger and when there isn't. When Mrs. Frisby hears this story, she probably realizes that the people from the federal government are there because of the rats who escaped from NIMH. She has gotten information that means that the rats

A. are in danger,

or

B. are not in danger?

page 192

Paul is thinking of a theory to explain what has happened. His theory is to try to figure out what caused the rats to act strange, and what caused the government people to be involved. He is doing something that is involved in decision-making, called

A. thinking about causes,

or

B. deciding whether advantages outweigh disadvantages for an option?

page 193

Mrs. Frisby finds out that there is a plan to put cyanide gas in the rats' home. Suppose she had thought, "It's actually fortunate that I got caught, because I found this out; now I can warn the rats, if only I can get loose from here." She would have been using the thought called

A. getting down on herself,

or

B. celebrating luck?

page 194

When Mrs. Frisby thinks that he has another urgent reason to get out of the cage, because she needs to warn Nicodemus, she is using the thought called

A. blaming someone else,

or

B. goal-setting?

page 195

Billy and his mom notice that the cat will hardly move, but they think it is just because the cat is getting lazy. If they had considered that the cat had been drugged, they might have made different decisions. This illustrates that decision-making often depends on the results of

- A. thinking about causes,
- or
- B. conservation?

page 196

Mrs. Frisby continues to think first about the welfare of her children. Her maternal instinct leads her to always follow this principle of

- A. loyalty,
- or
- B. self-discipline?

page 197

Mrs. Frisby thinks about what will happen to the rats unless they are warned. She is doing an important part of the decision-making process, which is

- A. predicting consequences,
- or
- B. listing options?

page 198

Justin is deciding how to get Mrs. Frisby out. He decides against simply opening the door, because when the family saw the door open, they would know something unusual would happen. He predicts that they won't be suspicious if he uses a different way that makes it look like the cage is defective. When he thinks about what will happen when the family examines the cage, he is doing an important part of decision-making, called

- A. predicting consequences that are advantages or disadvantages,
or
- B. learning from the experience after carrying out what he's decided?

page 199

Justin has heard and understood the urgency in Mrs. Frisby's voice. He once again demonstrates his skill at noticing how other people are feeling, which is the skill of

- A. empathy,
or
- B. productivity?

page 200

When Justin hears that there is a plan for all the rats to be poisoned soon, his first thought is to be glad that Mrs. Frisby happened to find this out so that she could warn them. He is

- A. blaming someone else,
or
- B. celebrating luck?

page 201

The shrew is trying to protect Mrs. Frisby's house against the rats, whom Mrs. Shrew does not trust. She is demonstrating the skill of _____ to Mrs. Frisby, even though she is mistaken about the rats' intentions.

A. respectful talk

or

B. loyalty?

page 202

When Mrs. Shrew asks, "What do you mean?" she is using a

A. positive feedback,

or

B. follow-up question?

page 203

When Mrs. Frisby thinks about the fact that it's a warm night, and dry, so that Timothy won't be exposed to conditions that will worsen his sickness, she is

A. celebrating luck,

or

B. getting down on herself?

page 204

The rats have put one rat, Arthur, in charge of the moving operation and

the others have agreed to follow his orders and directions. Many times it is much more efficient to put one person in charge than to try to have everyone decide everything together. When someone is given authority and put in charge, the others need to use the skill of

A. compliance,

or

B. self-care?

page 205

When Mrs. Frisby says, “It's done!” and feels like applauding, she is

A. celebrating someone else's choice,

or

B. getting down on herself?

page 206

Mrs. Frisby imagines that on a warm day, when Timothy is well, they will move to the summer house down by the brook. She is using the skill of

A. respectful talk,

or

B. positive fantasy rehearsal?

page 207

Mrs. Frisby is glad to try to help out the rats by telling them what she heard. She wants to use the type of kindness that is

- A. giving useful information to someone,
- or
- B. consoling someone when the person feels bad?

page 208

When Nicodemus says, “You have more than repaid us for the help we gave you,” he is

- A. not blaming someone else,
- or
- B. celebrating someone else's choice?

page 209

Nicodemus says, “We need to know who those men are.” He is

- A. learning from the experience,
- or
- B. goal-setting?

page 210

The rat who says, “It will be poor us, if we do not get on with this,” is wanting to use the skill of

- A. self-care,
- or
- B. friendship-building?

page 211

The rats try to figure out what caused the newspaper writer to use the phrase “mechanized rats.” They figure that there must have been some evidence that the rats were using machines or doing something other than just being near the motor. They are illustrating that decision-making often depends on the results of

- A. thinking about causes,
- or
- B. not getting down on themselves?

page 212

When Nicodemus says that they have to convince the exterminators that they aren't more of the rats they were looking for, he is

- A. blaming someone else,
- or
- B. goal-setting?

page 213

The rats are imagining what they need to do in order to take care of themselves. They are using the skills of

- A. self-care and positive fantasy rehearsal,
- or
- B. joyousness and honesty?

page 214

Remaining in the rear guard and showing themselves to the exterminators, to make the exterminators believe that they are dealing

with ordinary rats, is very dangerous, yet many rats volunteered. They show their skills of

- A. respectful talk,
- or
- B. courage?

page 215

Mrs. Frisby realizes that she is sad because the rats are going away. She is using a skill that has to do with decision-making, called

- A. awareness of her own feelings,
- or
- B. getting more information?

page 216

Mr. Fitzgibbon and his son see bulldozing the rosebush as just an ordinary chore, an act of

- A. courage,
- or
- B. productivity?

page 217

Mrs. Frisby considers a watch-hole in the corner post, and then decides to watch from a tree limb. She is

- A. learning from the experience,
- or

B. listing options and choosing?

page 218

When Mrs. Frisby watches all this, she probably feels what emotion?

A. worry,

or

B. fun?

page 219

The men think that the hole the men had put there as the escape hole is the real one; this is what Arthur had wanted them to think. This shows that Arthur had done some

A. respectful talk,

or

B. good decision-making?

page 220

Mrs. Fitzgibbon covers her eyes with her hands because she can't stand to see her lovely rosebush bulldozed. She is most likely

A. awfulizing

or

B. celebrating someone else's choice?

page 221

Suppose that the rats' first impulse would be just to run away, but they

are making themselves try to trick the men so that their whole group will be safe. They are doing what is scary or unpleasant in the present so as to get a benefit for the future. They are using the skills of

- A. self-discipline and courage,
- or
- B. joyousness and self-care?

page 222

For the men to run around with nets and without a mask, where there has been cyanide gas released, does not sound like very good skills, on their parts, of

- A. honesty,
- or
- B. self-care?

page 223

The man in the horn-rimmed glasses is probably Dr. Shultz. Instead of using cyanide gas, he might have planned to use an anesthetic gas that would put the rats to sleep instead of kill them. That way he might have been able to complete his study. Using an anesthetic instead of cyanide would have probably been a better example of

- A. good decisions and nonviolence,
- or
- B. self-discipline and conservation?

page 224

When Mrs. Frisby thinks, “Perfectly healthy, except for being dead,” she is realizing that something bad has happened and that the men are responsible for it. Although her words don't make it very obvious, she is using a very appropriate example of

- A. celebrating luck and celebrating someone else's choice,
- or
- B. awfulizing and blaming someone else?

page 225

Mr. Ages got an antidote ready for the poison, just in case. This was

- A. good decision-making,
- or
- B. conservation?

page 226

One of the rats sacrificed his life in trying to save the other. This was a good example of some skills, and a bad example of a third.

- A. good example of loyalty and courage and kindness; bad example of self-care.
- Or
- B. good example of joyousness and honesty; bad example of self-discipline?

page 227

When Mrs. Frisby sees that the owl and the rats had calculated wisely, and that the plow would miss their house by at least two feet, she

probably thinks something like, “I'm glad they calculated so wisely!”
She would be

- A. listing options and choosing,
- or
- B. celebrating someone else's choice?

page 228

Mrs. Frisby is thankful that Brutus and Arthur had hidden the doorway to her house behind a tuft of grass. When she thinks about this, she is

- A. celebrating someone else's choice,
- or
- B. not awfulizing?

page 229

The mice move to their summer house because the garden is too busy with human beings for mice to be there safely. They are using the skill of

- A. friendship-building,
- or
- B. self-care?

page 230

Mrs. Frisby tidies up the house while her children go to have fun with the other children. She is using the skill of _____, while they are using the skills of _____ and _____.

- A. productivity; joyousness and friendship-building

or

B. honesty; productivity and self-discipline?

page 231

When Cynthia says, “Oh, good! What kind of story?” she is using two ways of listening:

A. positive feedback and follow-up question,

or

B. reflection and facilitation?

page 232

Martin thinks about the plan of going to visit the rats; then he thinks of how to get there, by getting a ride with Jeremy; then he thinks of how to find Jeremy, by leaving something shiny out. He is excited about using which thought?

A. listing options,

or

B. awfulizing?

page 233

As the book ends, there are calm images of the sunset, the soft moss, the quiet brook, the warm wind, and the newly opened leaves, as they all go to sleep. After all the excitement, they are using a skill that I've grouped under joyousness but also could have grouped under self-care or perhaps even courage. It's the skill of

A. self-discipline,

or
B. relaxation?

Questions on *Hans Brinker*, Great Illustrated Classics Abridgement, 2008

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Page 7: It's cold, but they're not whimpering or complaining. The skill of handling discomfort and not letting it bother you much is called

- A. fortitude
- or
- B. honesty?

Page 8: Hans and Gretel have had many happy hours on the ice. Enjoying skating is using the skill of

- A. self-discipline,
- or
- B. joyousness?

Page 10: Hans figured out how to make Gretel a pad for her foot, so the lace wouldn't hurt it, from the lining of his cap. His doing this for her was an act of

- A. kindness,
- or
- B. positive fantasy rehearsal?

Page 12: They were having fun, but when their mom called to them to come home, they pulled off their skates and went home. They used the skill of

- A. compliance,

or

B. conservation?

Page 14: Meitje Brinker has spent 10 years caring for her injured husband Raff. The fact that she hasn't deserted him after all this time shows her skill of

A. loyalty,

or

B. self-care?

Page 16: All the family members worked hard to support the family. This is the skill of

A. respectful talk,

or

B. productivity?

Page 18: Many of the other boys at school said mean things to Hans because he wore patched clothes. Doing this gave BAD examples of the skill of

A. respectful talk,

or

B. fortitude?

Page 21: The group of teenage boys and girls was happy as they skated. They are using their skills of

A. joyousness,

or

B. positive fantasy rehearsal?

page 22: If someone thought to himself or herself, "I really want to win the race and win those silver skates!" that thought would be an example of

A. Awfulizing,

or

B. Goal-setting?

page 24: Carl speaks disrespectfully about Hans and Gretel, but Hilda doesn't laugh at his joke and says something nice about them. She is using the skills of

A. Positive fantasy rehearsal and conservation,

or

B. Respectful talk and kindness?

page 26: When Hilda is angry at herself and says, "That was a stupid thing to say," she is

A. celebrating luck,

or

B. getting down on herself?

page 28: Hilda wants Hans and Gretel to be able to accept the money, but she knows they won't take it as a gift, so she asks for the carved chain. In choosing this option she is using the skill of

A. nonviolence,

or

B. good decisions?

Page 30: Gretel wants Hans to use the money for himself, and Hans wants to use the money for Gretel. They both stick up for each other, and this is the skill of

- A. loyalty,
- or
- B. honesty?

page 32: Hans thought about getting skates for himself, getting a warm jacket for Gretel, and getting skates for Gretel, finally choosing the last one. He used the type of thought called

- A. celebrating luck,
- or
- B. listing options and choosing?

page 34: Hans made the wooden necklace quickly for Hilda, and he will make another quickly for Peter's sister. He's using his skill of

- A. productivity,
- or
- B. courage?

page 37: Mrs. Brinker is happy because of her children's good fortune in getting skates and money. Being happy when something good happens to someone you love is part of the skill of

- A. compliance,
- or
- B. joyousness?

page 38: Mrs. Brinker is speaking about the lost money, and Hans asks,

"Do you think father knows anything about it?" This is one of the four ways of listening, known as a

A. reflection,

or

B. follow-up question?

page 40: When the dike was in danger, Raff rushed off to help, to save the community, even though doing so put him in danger. He used the skill of

A. courage,

or

B. nonviolence?

page 42: The family saved money, even though they didn't make much; they didn't waste any money at all. This is the skill of

A. conservation,

or

B. compliance?

page 44: Hans is deciding how to use the second batch of money he has made. He has considered getting a new part for his mom's spinning wheel, food, a doctor to see his father, and new skates. He's using the thought called

A. listing options and choosing,

or

B. learning from the experience?

page 47: Dr. Boekman is a famous physician and surgeon, but his stern

eyes and tight, downturned lips seem to indicate that he is not high in

A. joyousness,

or

B. productivity?

page 48: Hans appears to first practice quickly in his imagination asking the doctor to help his dad, before actually asking him. If so, this is an example of

A. self-care,

or

B. positive fantasy rehearsal?

page 50: The doctor feels compassion for Hans and agrees to see his father for no money. He's using the skill of

A. kindness,

or

B. self-care?

page 52: Hans is wishing for something to happen, and he will do anything in his power to try to make it happen. This is closest to the thought called

A. goal-setting,

or

B. blaming someone else?

page 55: When Carl is angry, he wants to stop Hans and Gretel from entering the race. He's using the thought called

- A. goal-setting,
- or
- B. celebrating luck?

page 56: Assertion, or assertiveness, is a skill having to do with conflict-resolution; it means forcefully making your own feelings and wishes known, strongly communicating what you think should be done.

Conciliation or giving in is another skill in conflict-resolution; it means letting the other person have his or her way. When Peter says, "You'll what? You'll refuse to let him skate because he's poor?" he is using

- A. assertion,
- or
- B. conciliation?

page 58: Hans painfully realizes that his mother is in trouble, and then resolves to get to her right away. This is an example of

- A. celebrating luck followed by blaming someone else,
- or
- B. appropriate awfulizing followed by goal-setting?

page 61: It seems strange that all the boys would give their money to one of them for safekeeping. If someone had said, "The problem with that plan is that if the one person gets robbed or loses the money, we're all out of money," the person would be

- A. speaking about a disadvantage of the option,
- or
- B. gathering information about the decision?

page 62: The boys skated 17 miles, but were still fresh. They were in

good shape from exercising a lot; keeping in good shape has to do with the skill of

- A. respectful talk,
- or
- B. self-care?

page 64: When Peter says, "I could kick myself for letting you boys down," he is

- A. listing options and choosing,
- or
- B. getting down on himself?

page 66: When Hans says, "How lucky it is that we meet!" he is

- A. celebrating luck,
- or
- B. learning from the experience?

page 68: When Peter says, "It would have been lost forever if it weren't for you, Hans," he is

- A. not getting down on himself,
- or
- B. celebrating someone else's choice?

page 70: Peter offers to give Han's message to the doctor, so that Hans can get back to his mother. After Hans did something kind for Peter by returning the money, Peter offered Hans in return another act of

- A. kindness,

or

B. self-discipline?

page 72: Suppose that Raff Brinker's favorite food is a "positive reinforcer" or reward for him, and imagine that he were to get it every time he started doing violent things. Would you expect that he would start to do violent things

A. more often,

or

B. less often?

page 74: When Peter asks, "But why are you going for Dr. Boekman," he is using one of the 4 listening responses. It is a

A. facilitation,

or

B. follow-up question?

page 76: If Hans is hungry, but he passes up the pleasure of eating in order to get back and help his mother, he is using the skill of

A. self-discipline,

or

B. nonviolence?

page 79: Gretel and Mrs. Brinker are being kind and nurturing to Raff Brinker even though he was violent toward the family. They have used the skill of

A. forgiveness,

or

B. relaxation?

Page 80: When Gretel says, "I'm so bad," this thought is

A. blaming someone else,

or

B. getting down on herself?

Page 83: Does it sound like fun to live in a place where people could travel from city to city by ice skating, and see all sorts of other people out skating also? If it does, it sounds like it would bring out the skill of

A. positive fantasy rehearsal,

or

B. joyousness?

page 84: Jacob seems to be tiring, and Peter sees this and offers that they can go by ice-boat, to make Jacob feel better. Peter is probably feeling which emotion toward Jacob?

A. compassion,

or

B. anger?

page 86: It's not a good example of self-care for Jacob to drink wine, which has alcohol in it, especially if Jacob is very tired. Nonetheless, the person who offered it was trying to do an act of

A. conservation,

or

B. kindness?

page 89: It sounds like the innkeeper would do well to quit smoking and lose some weight. If he did that, he'd be using the skills of

- A. self-care and self-discipline,
- or
- B. nonviolence and honesty?

Page 90: Ludwig senses some danger, and says he thinks something is bad or dangerous about the two men. This shows that sometimes the following thought is very appropriate:

- A. awfulizing,
- or
- B. celebrating his own choice?

Page 92: When Carl says that he is not afraid of anything, he is bragging about his skill of

- A. positive fantasy rehearsal,
- or
- B. courage?

Page 94: Peter considers yelling out, then decides to be silent, and then when the bad guy puts the knife down, Peter decides to grab it and threaten the bad guy to get him to hold still. He is using which thought process?

- A. awfulizing,
- or
- B. listing options and choosing?

page 96: When the bad guy is tied up and no longer has his gun and

knife, which emotion do you think it's more likely that Peter felt?

- A. fear,
- or
- B. relief?

page 98: When the innkeeper says, "The scoundrel!" he is using the thought called

- A. Blaming someone else,
- or
- B. Celebrating his own choice?

page 101: Peter is probably thinking something like, "I'm really glad my sister chose to have us as guests!" If so, he is

- A. learning from the experience,
- or
- B. celebrating someone else's choice?

page 102: Peter knows his mother would worry if they stayed away longer than expected without communicating their plans to her. So he writes her a letter to let her know. He is using the skill of

- A. empathy, or realizing how another person would feel
- or
- B. gleefulness, or enjoying being funny or silly or fun-loving

page 104: Peter fears that Dr. Boekman will not help Hans, but he thinks of a back-up plan, namely sending for a doctor in Amsterdam instead. He is using the thought called

- A. Listing options and choosing,
- or
- B. not getting down on himself?

page 106: Peter is really happy that Dr. Boekman has answered Han's plea for help. He is

- A. learning from the experience,
- or
- B. celebrating someone else's choice?

page 109: If the Brinkers overheard Dr. Boekman say that an amazing operation was done like the one he is thinking about, and he thinks the patient died, but he doesn't think that's important, how do you think they would feel about the operation?

- A. confident,
- or
- B. scared?

page 110: Dr. Boekman is probably wrong in predicting that Mrs. Brinker would scream or faint if he discussed the operation with her -- she has been strong throughout years of difficulties. He probably underestimates her skill of

- A. fortitude
- or
- B. nonviolence?

page 112: Gretel gives Hans an angry look, probably because she doesn't like being left out of the decision process. She is probably doing a little bit of

- A. blaming someone else,
- or
- B. celebrating her own choice?

page 114: Gretel probably wouldn't have been so upset if someone had explained to her what was going to happen rather than trying to protect her by keeping her ignorant. What emotion do you think she is feeling?

- A. sadness,
- or
- B. fear?

page 116: To watch brain surgery being performed on a relative, without the benefit of sterile conditions of a hospital, and possibly without anesthesia, would be something that few family members would want to do. Gretel's decision not to watch, rather than being a sign of weakness, is probably a sign of skill in

- A. productivity,
- or
- B. good decisions?

Page 119: Carl does a lot of name-calling. When someone calls someone else something that is insulting, their thought process is

- A. listing options and choosing,
- or
- B. blaming someone else?

Page 120: Hilda is worried that Gretel will freeze, so she gets Gretel to get up and walk around and suggests she go inside. Every time Hilda has

appeared in this story she has given an example of the skill of

A. kindness,

or

B. conservation?

page 122: When Gretel says, "How kind you are!" the thought pattern she is using is

A. blaming someone else,

or

B. celerating someone else's choice?

page 125: If Gretel had the urge to ask a lot of questions and make a lot of noise, but instead kept quiet, she would be using the "resisting urges" skill, which is the skill of

A. self-discipline,

or

B. kindness?

page 126: When Raff Brinker can talk, and even make sense, after 10 years, all his family members are using the skill of

A. positive fantasy rehearsal,

or

B. joyousness?

page 128: When Meitje Brinker says to the doctor, "You have saved us all," she is

A. learning from the experience,

or

B. celebrating someone else's choice?

page 130: Hilda gets scolded severely, but she is so happy about Raff Brinker's cure that she isn't bothered by the scolding. Being able to handle disapproval is part of the skill of

A. fortitude,

or

B. loyalty?

page 133: The family is very much short on money. Hans has gone to look for work because money comes in exchange for

A. honesty,

or

B. productivity?

page 134: Hans thinks of other ways to get money: asking Peter, and later he will think of pawning the watch that they have. He is using the thought pattern called

A. learning from the experience,

or

B. listing options and choosing?

page 136: There are several different ways to show the skill of kindness: complimenting, teaching, listening, helping, consoling, spending time with, giving, and so forth. In which way did Hilda and the doctor show kindness on this page?

A. giving,

or

B. teaching?

page 138: When Raff realizes that he has lost 10 years of watching Gretel grow, how do you think he feels?

A. sad,

or

B. relieved?

page 140: Raff feels good about telling where the money was buried before the accident, even though he's mistaken -- he didn't tell that. He is

A. celebrating luck and celebrating his own choice,

or

B. blaming someone else and not awfulizing?

page 142: Hans motions to his mother and sister to stay quiet while he talks with his father about the money. If this book were written today, rather than in 1865, the author probably would be more sensitive to "gender roles" and would watch out to keep from seeming to say that males are better than females at the skill of

A. good decisions,

or

B. kindness?

page 144: Despite all their work digging, they can't find the money. It's time for them to use their skills of

A. joyousness,

or

B. fortitude?

page 147: When people smile at each other when they first see each other, and show that they are glad to see each other, they do something that's part of the skill of

A. friendship-building,

or

B. nonviolence?

page 148: When people make decisions, they often 1) understand the situation, 2) figure out their goals, 3) get information, 4) list options, 5) think about advantages and disadvantages of the options, 6) decide, 7) do what they've decided, and 8) learn from the experience. When Hans is planning on the option of selling his skates, and Annie points out that Hans is a good skater and the race is only 5 days away, she is

A. learning from the experience,

or

B. thinking about a disadvantage of the option?

page 150: Hans helps a man drive some mules into the city. He's using the skill of

A. compliance,

or

B. productivity?

page 152: Hans tells Peter that he has never officially learned the trade of door-carving. Some people might be afraid to admit this, for fear that the job would go to someone else. In telling this to Peter, Hans uses the skill of

- A. honesty,
- or
- B. nonviolence?

page 154: Mrs. van Holp knows about the great sorrow that Dr. Boekman has had, and she knows that his gruffness came from his sorrow. The emotion she feels toward Dr. Boekman is

- A. jealousy,
- or
- B. compassion?

page 156: After Mrs. van Holp told about Dr. Boekman's experience, the boys were silent. Suppose one of them had said, "So Dr. Boekman's gruffness is really because of his grief over his son's disappearance, and not because he's in any way mean. Thank you for letting us know that." Which two listening responses would these have been?

- A. reflection, and positive feedback,
- or
- B. facilitation, and follow-up question?

page 159: When Hans says, "Wonderful news!" his thought is closest to:

- A. getting down on himself,
- or
- B. celebrating luck?

page 160: When Meitje Brinker says, "If it weren't for that thief... we'd be rich by now," her thought can be classified as

- A. goal-setting,
- or
- B. blaming someone else?

page 162: Hans wishes to be able to find what he was looking for (which was the buried money). Wishing for something, wanting to accomplish something, is a thought pattern that in our 12 thought classification system is closest to

- A. goal-setting,
- or
- B. blaming someone else?

page 164: Hans and Gretel and Annie have all heard fairy stories that they know are fantasy, and they have fun acting out a scene like one from a fairy story. The fact that they imitate something that formerly occurred in fantasy illustrates the principle behind

- A. fantasy rehearsal,
- or
- B. nonviolence?

page 166: Hans realizes that they had been digging near the wrong tree. When he says, "Why didn't we think of it last night?" he is doing a little bit of mild

- A. getting down on himself,
- or
- B. not blaming someone else?

page 168: After they found the money, the author says, "What tears!" The tears were connect to what emotion?

A. They are tears of sadness that they had taken so long to find the money.

or

B. They are tears of joy -- sometimes people cry when they are extremely happy and relieved.

page 171: Meitje Brinker had wanted to get money for the family and considered getting her husband's permission to sell the watch. The two types of thoughts involved are

A. goal-setting and listing options,

or

B. blaming someone else and celebrating someone else's choice?

page 172: When Raff says, "Poor boy," and Meitje says, "What poor boy? Who?" Meitje is using one of the four ways of listening, namely a

A. reflection,

or

B. follow-up question?

page 174: The young man says, "I must flee from Holland." He's expressing his wish to escape being blamed and punished for something. His thought is classified as

A. not awfulizing

or

B. goal-setting?

page 176: The young man depended upon Raff to carry an important message to his father. The young man might have considered and chosen

another way to get the message to his father, just in case something happened to Raff. This would have been

- A. getting down on himself,
- or
- B. listing options and choosing?

page 178: When Meitje says, "We'll try to figure out who L.J.B. is tomorrow," she's doing which of the 12 thoughts?

- A. learning from the experience,
- or
- B. goal-setting?

page 181: Gretel gets instructions to take care of her father and clean the house while Hans and her mom get to go shopping with the newly found money. But she does it without seeming to feel jealous or angry. She's demonstrating that she's good at

- A. compliance, productivity, kindness, and fortitude,
- or
- B. relaxation, using words well, habits of self-care, and social conversation?

page 182: Raff tells the doctor that they now have the money to pay him. He has a sense of duty and fairness that is connected more closely with the skill of

- A. honesty,
- or
- B. conservation?

page 184: If Hans had thought, "What an amazing coincidence that the watch belonged to Dr. Boekman's son! We're lucky that the mystery has been answered so easily!" that thought would have been

- A. celebrating luck,
- or
- B. not getting down on himself?

page 186: Hans vows, "I'll find your son, sir!" This thought is

- A. listing options and choosing,
- or
- B. goal-setting?

page 188: Dr. Boekman is very grateful to hear that Laurens kissed his mother's picture, and he says, "He hasn't forgotten her, thank God!" Dr. Boekman's thought is

- A. blaming someone else,
- or
- B. celebrating someone else's choice?

page 190: When Meitje Brinker thinks about all the unnecessary suffering that has taken place, she says, "How dreadful!" This is an example of the appropriate use of the thought we call

- A. awfulizing,
- or
- B. celebrating her own choice?

page 192: Dr. Boekman says he'll try to hold out hope that his son will be found. Hoping that something will happen, especially if you're

prepared to do any effort necessary to make it happen, is the type of thought we call

- A. goal-setting,
- or
- B. awfulizing?

page 195: The van Glecks probably thought to themselves, "It's great that the weather is so perfect today for our race-party!" They were probably

- A. getting down on themselves,
- or
- B. celebrating luck?

page 196: What emotion do you imagine most of the 40 boys and girls who were going to race were feeling?

- A. excitement,
- or
- B. sadness?

page 198: Annie had bought Hans's skates herself, so he wouldn't have to lose them. She did an act of

- A. kindness,
- or
- B. nonviolence?

page 200: Jacob comes in last in this competition, without having a tantrum, showing his skill of fortitude. Suppose he thought to himself, "This isn't so terrible. I have lots of other skills that are really more

important for humanity than the skill of speed skating." His thought would be

- A. not awfulizing,
- or
- B. getting down on himself?

page 202: Part of the reason people hope for Carl to lose is that he is such a braggart. This illustrates that there's a type of thought that is very important to use in feeling good about your own accomplishments, but is good not to voice to others too much, especially if there's also a message of "I'm better than you are!" This thought is

- A. celebrating your own choice,
- or
- B. learning from the experience?

page 204: Some brothers or sisters would feel jealous if their sibling won something big. But Hans purely feels good about Gretel's triumph. He shows one of the 62 skills that we call

- A. relaxation,
- or
- B. magnanimity, non-jealousy, handling it when someone gets something that you want too

page 206: At some sacrifice to himself, Hans gives Peter his skate strap. He is glad to be able to do an act of what, to his friend Peter?

- A. compliance,
- or
- B. kindness?

page 208: It sounds like even Carl skates to the music in the procession, without having a tantrum over losing. If so, even Carl has some of the skill of

A. fortitude,

or

B. conservation?

page 210: When Gretel thinks, "Oh, how splendid!" she is probably also thinking, "I'm so glad the van Glecks bought these and offered them here!" If so, she is

A. celebrating someone else's choice,

or

B. learning from the experience?

page 213: Gretel probably thought, "If he is ill again, that would be really bad!" This thought is a version of

A. celebrating someone else's choice,

or

B. awfulizing?

page 214: When the boys say, "Good evening, Mrs. Brinker," and bow, they are doing a part of friendship-building skills known as a

A. greeting ritual,

or

B. parting ritual?

page 216: When Peter hears that Hans and Gretel are going back to

school, he mentions that Hans is very bright, but he doesn't mention Gretel. Suppose Gretel were to think to herself, "Hans does happen to be better in schoolwork than I am. But that's not so terrible, because I have enough good qualities for one person anyway, and I'm not in a competition with my brother!" This thought would have been

- A. not awfulizing,
- or
- B. goal-setting?

page 218: Peter is very thankful to Hans for lending him the skate strap. Peter is

- A. celebrating luck,
- or
- B. celebrating someone else's choice?

page 220: Just after the name, Thomas Higgs, comes back to Raff's memory, it happens to be revealed where Thomas Higgs is. The Brinkers probably all thought, "This is incredibly good fortune!" They are

- A. celebrating luck,
- or
- B. getting down on themselves?

page 222: In making decisions, there are several steps: 1) understanding the situation, 2) knowing your goals or objectives, 3) getting information, 4) listing options, 5) thinking about the advantages and disadvantages, 6) deciding on an option, 7) doing that option, and 8) learning from the experience.

Hans runs out the door without even stopping to find out that Ben knows exactly where the factory is, and knows Thomas Higgs. Hans

would have done well to spend a few more seconds in which step of decision-making?

A. getting information,

or

B. doing what has been decided?

page 224: It seems likely that there would be more than one person named Thomas Higgs. If they get the wrong one, one that isn't really Laurens, they will need the skill of

A. joyousness,

or

B. fortitude?

page 227: Thomas Higgs (whom we hope is really Laurens Boekman) learned his trade quickly as an apprentice, then was made a partner, and then took over the business. It sounds like he succeeded by using his skill of

A. productivity,

or

B. positive fantasy rehearsal?

page 228: When Meitje remarks to Gretel that Laurens's eyes are like Hans's, suppose Gretel had responded, "You can see why Hans would remind Dr. Boekman of his son, huh?" Her response would have been which of the four ways of listening?

A. a facilitation,

or

B. a reflection?

page 230: Suppose Hans had said something just a little different and had said: "If I understand you correctly, Laurens is opening a warehouse and is not going to be returning as your assistant?" This would have been which of the four ways of listening?

- A. a reflection,
- or
- B. positive feedback?

page 232: In a command, you tell someone what to do; in a contradiction, you say that what they said isn't correct -- you disagree; in a criticism, you say that someone shouldn't have done what they did. When Dr. Boekman has said that surgery is an ugly business, and Hans says that it is great and noble, not ugly, he is in a respectful way giving a

- A. command,
- or
- B. contradiction?

page 234: Perhaps Dr. Boekman checked with Laurens before offering to help Hans study medicine and take over his practice when he retired. Dr. Boekman perhaps wanted to make sure that it was OK with Laurens and that Laurens wouldn't feel jealous of the attention that Hans would get from his father. Even if Laurens wouldn't mind, he probably would appreciate being asked. To speak with him represented which skill of Dr. Boekman?

- A. empathy, or paying attention to and considering how other people are feeling,
- or
- B. habits of self-care, including not abusing drugs or alcohol?

Page 236: What's your guess about how Meitje Brinker thought and felt about Raff's getting offered a good job?

A. Blaming Dr. Boekman for not offering her a job, and jealous?
or

B. Celebrating that Raff would have a good job, (especially after she had been the main one making money for the family for 10 years) and happy?

page 239: It sounds like after many years, Hans and Annie remain very loving with each other. When people stick together for a long time, they usually both are good at the skill of

A. loyalty,
or

B. relaxation?

page 240: Gretel becomes the finest singer in Amsterdam. Maybe she makes lots of money in the entertainment business. She reaches out to help poor people. Working hard to make money and then helping people with it are examples of the skills of

A. productivity and kindness,
or

B. nonviolence and positive fantasy rehearsal?

Questions on *Charlotte's Web*

Author E.B. White

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Page 1

Fern's mom has chosen to tell Fern the truth about what Mr. Arable plans to do with the runt, even though this information might (and does!) upset Fern. Mrs. Arable had a dilemma here, and she chose the skill of

- A. conservation,
- OR
- B. honesty?

Page 2

Mr. Arable wants Fern to use a sort of fortitude, to “control herself.” But Fern wants Mr. Arable to use which skill:

- A. nonviolence,
- or
- B. self-discipline?

Page 3

When Fern says that she sees no difference between the feelings of a little girl and the feelings of a little pig, she is using a very strong sort of which skill:

- A. empathy,
- or

B. toleration?

Page 4

Fern gives her father and mother a kiss when she sees the pig, probably out of joy and as a way of saying “thank you.” This could be an example of which skills:

- A. pleasure from others' kindness and gratitude
- or
- B. organization and competence development?

Page 5

Mr. Arable tells Avery that Fern has a pig because she was up early, working hard towards the long-term goal of ridding the world of injustice. He's telling Avery that she was rewarded for which skills:

- A. purposefulness and positive aim,
- OR
- B. joyousness and respectful talk?

Page 6

Fern has insisted on feeding the pig before feeding herself. This could be an example of which skill:

- A. loyalty,
- OR
- B. forgiveness and anger control?

Page 7

When Fern is on the bus, celebrating her luck, she is using which skills:

- A. pleasure from her own kindness and pleasure from blessings,
- OR
- B. pleasure from approval and competence-development?

Page 8

Wilbur is Fern's pig; he is her responsibility. But we've learned here that Mrs. Arable feeds Wilbur every day for Fern, while Fern is away at school. This is an example of which skills:

- A. gleefulness and nonviolence,
- or
- B. kindness and loyalty?

Page 9

Fern listens to her dad's advice and guidance about Wilbur's little home. She knows that her dad is looking out for Wilbur at this point, at least because he cares so much about Fern. In thinking about her dad here, Fern is probably using which skills

- A. discernment and trusting,
- or
- B. social initiations?

Page 10

Wilbur follows Fern everywhere, and Fern takes good care of him all the while. They are both using a lot of which skill:

- A. conservation and thrift,
- or
- B. loyalty?

Page 11

If every day was a happy day, and every night was peaceful, it sounds like Fern and Wilbur are using a lot of which skills:

- A. relaxation and gleefulness,
- or
- B. self-discipline and submission?

Page 12

Fern doesn't want Wilbur to leave, but she obeys her parents' instructions and tries to make the best of things. She is using which skills:

- A. fortitude and compliance,
- or
- B. joyousness and nonviolence?

Page 13

We can be pretty sure that lots of work happens in this barn, but it sounds like it is still celebrated as a pleasant place. From this description it sounds like the people and animals at this barn are able to use which skills:

- A. decision-making and assertion,
- or

B. productivity and relaxation?

Page 14

If the animals are grateful to Mr. Zuckerman for the way he has set up and run this barn, they might be thinking which thought:

A. celebrating someone else's choice,

or

B. learning from the experience?

Page 15

Fern is very patient in sitting with Wilbur and the rest of the animals, and very pleasant to them too. All of the animals come to trust and like her because of her use of which skills:

A. humor and assertiveness,

or

B. persistence and kindness?

Page 16

When Wilbur says, "I'm less than two months old and I'm tired of living" he is thinking which thought:

A. blaming someone else,

OR

B. awfulizing?

Page 17

Wilbur does what the goose advises him to do without seeming to put much time or thought into his decisions. This is not such a great example of which skill:

- A. thinking before acting,
- or
- B. handling criticism?

Page 18

Before he is seen by Mrs. Zuckerman, Wilbur does a lot of celebrating and jumping for joy and sniffing smells and digging for fun. This is an example of which skill:

- A. fantasy-tolerance,
- OR
- B. gleefulness?

Page 19

Wilbur doesn't know what to do. Part of his problem is that he doesn't know what he wants. The goose has told him that he should want to go to the woods, but Wilbur has never been there and doesn't think he would like it. In other words, he is stuck in which stage of the decision-making process:

- A. deciding upon a worthy goal or objective,
- OR
- B. doing what he has decided?

Page 20

Wilbur is doing quite a bit of awfulizing about this situation. And when he says “Why doesn't Fern come?” it seems that he is also thinking which thought:

A. goal-setting,

OR

B. blaming someone else?

Page 21

The other animals are shouting a lot of conflicting things at Wilbur. He's been given quite a few options, but he still doesn't have much time for the next step in decision-making, which is

A. learning from the experience,

OR

B. considering the advantages and the disadvantages of the options?

Page 22

Wilbur faces the choice of obeying Mr. Zuckerman or obeying the goose. He is in a dilemma that involves which skills:

A. compliance versus compliance,

OR

B. self-care versus fortitude?

Page 23

Wilbur feels very happy to be home, and Lurvy and Mr. Zuckerman fix the gap in the fence. It's a safe bet that everybody is now thinking which thought:

- A. blaming someone else,
- OR
- B. learning from the experience?

Page 24

Wilbur decides that he was too young and too inexperienced to take on the big, wide world. This is a good example of which skill:

- A. awareness of one's own abilities,
- OR
- B. fantasy tolerance?

Page 25

When Wilbur makes these plans for himself, he's making himself a sort of to-do list. This is a good example of the skill of

- A. conscience,
- or
- B. organization?

Page 26

A lot of Wilbur's to-do items have to do with getting enough rest, enjoying the farm, getting sunlight, and eating good food. All of these could be considered examples of the skill of:

- A. self-care,
- or
- B. compliance?

Page 27

Wilbur's thoughts here involve a lot of awfulizing. When he says "I get everything all beautifully planned out and it has to go and rain," he's also thinking which sort of thought:

- A. blaming someone [or something] else,
or
- B. not getting down on himself?

Page 28

If Wilbur is able to not get too upset, despite what the goose and the lamb say to him, this is an example of which skill:

- A. differential reinforcement,
or
- B. handling rejection?

Page 29

Wilbur is sad and lonely when he has no one to play with. This is NOT such a good example of which skill:

- A. enjoying aloneness,
or
- B. conservation and thrift?

Page 30

When Templeton says he's going to eat Wilbur's breakfast, this is yet

another frustration for Wilbur. But Wilbur doesn't seem to do anything about going to eat his breakfast for himself before Templeton can claim it. If instead he had stood up for himself, telling Templeton that he'd like to eat his own breakfast, this would have been an example of which skill:

- A. depending,
- or
- B. assertion?

Page 31

The mystery voice speaking to Wilbur and inviting Wilbur to be friends belongs to someone who is using which skill:

- A. social initiations,
- or
- B. option-evaluating?

Page 32

When Wilbur thinks, about Templeton, "Why does he have to stay up all night, grinding his claspers and destroying people's property? Why can't he go to sleep, like any decent animal?" he is thinking which sort of thought:

- A. getting down on himself,
- or
- B. blaming someone else?

Page 33

When Wilbur asks the goose how long it takes a goose egg to hatch, this is an example of which way of listening:

- A. positive feedback,
- or
- B. follow-up question?

Page 34

Wilbur didn't want to disturb the dawn's stillness, but he also couldn't think of any better options for finding his friend. When he considered disturbing the stillness as a disadvantage of speaking up, this was an example of which step in decision-making:

- A. deciding upon a worthy goal or objective,
- or
- B. considering the advantages and disadvantages of options?

Page 35

Wilbur begs the other animals' pardon for disrupting them so early. If they can accept his apology and continue to be cheerful and kind, this is a good example of which skill:

- A. forgiveness and anger control,
- or
- B. discernment and trusting?

Page 36

If Wilbur thinks to himself, "I am so glad that this creature chose to speak to me in such a kindly way," that would be an example of which

sort of thought:

A. celebrating his own choice,

or

B. celebrating someone else's choice?

Page 37

Wilbur and Charlotte are beginning to tell each other about themselves.
This is a good example of which skill:

A. self-discipline,

or

B. self-disclosure?

Page 38

When Wilbur feels sorry for the fly, this is an example of which skill:

A. conscience,

of

B. persistence?

Page 39

When Charlotte says "It's true, and I have to say what is true," this is a
good example of which skill:

A. honesty,

or

B. organization?

Page 40

When Wilbur continues to try to tell Charlotte that what she does to the flies is cruel, he is sticking to his argument. This could be an example of which skill:

- A. magnanimity, non-jealousy,
or
- B. assertion?

Page 41

When Wilbur thinks about what a gamble friendship is, he recognizes that there are things about Charlotte that likes a lot and things about her that he still doesn't like. If he works to be friends with Charlotte anyway, this could be a good example of which skill:

- A. humor,
or
- B. toleration?

Page 42

If Wilbur thought, "It's so nice of Fern to choose to use her free summer time to come sit on her stool near me; I'm so glad she does that!" this would be an example of which type of thought:

- A. celebrating someone else's choice,
or
- B. goal-setting?

Page 43

The song sparrow, we are told, “knows how brief and lovely life is,” and sings happily as a result. In other words, instead of getting discouraged by the idea that life is brief, the song sparrow seems to use which skills:

- A. option-generating and positive aim,
- or
- B. gratitude and pleasure from blessings?

Page 44

Charlotte is celebrating the goose for her use of which skills, in taking care of her eggs for so long:

- A. persistence and loyalty,
- or
- B. depending and compliance?

Page 45

When the goose says “Luck had nothing to do with this... It was good management and hard work.” it sounds like she is thinking which sort of thought:

- A. celebrating luck,
- or
- B. celebrating one's own choice?

Page 46

It sounds like it's wise for the goose and the gander to be worried about Templeton. They might trust him for certain things, but certainly not

others. In thinking carefully about his faults, they have used which skills:

- A. carefulness and discernment and trusting,
- or
- B. fluency and frustration-tolerance?

Page 47

Templeton says that he's confident in his ability to move the rotten egg without breaking it. He's had a lot of practice. It sounds like he's used the skill of:

- A. socializing,
- or
- B. competence-development?

Page 48

When Wilbur admires Charlotte for the way she treats the flies with as much kindness as possible, he's probably thinking which sort of thought:

- A. not getting down on himself,
- or
- B. celebrating someone else's choice?

Page 49

Being told that you've gained weight could be considered an insult, particularly if it's the very first thing someone says to you, like in the sheep's interactions with Wilbur here. But it seems that Wilbur keeps his cool and doesn't let himself get too upset by the sheep's comment. This is a good example of

- A. differential reinforcement,
or
- B. handling criticism?

Page 50

If Charlotte thought to herself, “This is all the sheep's fault for bringing up such a topic; why would the sheep do that?” that would be an example of which sort of thought:

- A. blaming someone else,
or
- B. goal-setting?

Page 51

When Charlotte says to Wilbur, “If she says they plan to kill you, I'm sure it's true,” she is being very open with Wilbur. She has decided not to cover up the truth. But this truth makes Wilbur very unhappy. Charlotte was in a dilemma involving which skills:

- A. honesty versus kindness,
or
- B. productivity versus joyousness?

Page 52

As Mr. and Mrs. Arable listen to Fern, they are using one of the ways of listening more than the others. Their primary way of listening here is the:

- A. reflection,

or

B. follow-up question?

Page 53

Mrs. Arable has a worried expression on her face. If she is thinking to herself, “Oh no, Fern is hearing imaginary voices and making up talking animals; maybe my daughter is in big trouble! How could I not have noticed that something was wrong before? This is all my fault for letting her spend so much time over there” that would be an example of which type of thought:

A. getting down on herself,

or

B. listing options and choosing?

Page 54

When Mr. Arable says not to worry about Fern – that she just has a lively imagination – he seems to be thinking which sort of thought:

A. blaming someone else,

or

B. not awfulizing?

Page 55

If spiders have to rebuild their carefully-built webs every day, they must have to use a lot of which skills:

A. persistence and frustration-tolerance,

or

B. respectful talk and gratitude?

Page 56

Wilbur is trying something completely new, even though he may in fact be unable to do it successfully. This takes which sort of skill:

A. gleefulness,

or

B. courage?

Page 57

When Wilbur is able to respond cheerfully to his first failed attempt, he might be thinking something like “hey, that was my first try; I don't want to be too upset with myself for not succeeding on my very first try!” This would be an example of which sort of thought:

A. celebrating luck,

or

B. not getting down on himself?

Page 58

This time, when Wilbur appears to be more hurt and discouraged, Charlotte encourages him to accept that he cannot spin a web. If he does accept this reality, that would be an example of which sort of skill:

A. awareness of your own abilities,

or

B. option-evaluating?

Page 59

– Illustration –

Page 60

When Wilbur says “I guess I was just trying to show off. Serves me right” it sounds like he's thinking which sort of thought:

- A. getting down on himself,
- or
- B. learning from the experience?

Page 61

When Charlotte stands up for Wilbur, telling the sheep to leave Wilbur alone, this is an example of which skills:

- A. loyalty and assertion,
- or
- B. compliance and relaxation?

Page 62

Wilbur is able to reach out to Charlotte for comfort when he is feeling so sad and scared. He doesn't keep these feelings to himself. This is a good example of which skill:

- A. depending,
- or
- B. fluency?

Page 63

To come up with a plan to save Wilbur, Charlotte must be using which sorts of skills:

- A. social initiations and gratitude,
- or
- B. independent thinking and option-generating?

Page 64

Charlotte knows herself well enough to know that she works best alone. This could be an example of which skill:

- A. awareness of one's own abilities,
- or
- B. pleasure from others' kindness?

Page 65

When Wilbur obeys Charlotte (not going to the trough, stopping talking, getting ready for sleep), this is an example of which skill:

- A. compliance,
- or
- B. nonviolence?

Page 66

If Charlotte is so patient, it seems likely that she has a tendency to think thoughts like this: "I still haven't come up with anything, but I don't want to waste any energy blaming myself for that; blaming myself won't help

me come up with things any faster!” This is an example of which thought:

- A. blaming someone else,
- or
- B. not getting down on herself?

Page 67

To get her idea – and now, to put it into action when she knows she doesn't have much time – Charlotte is using the skill of:

- A. persistence,
- or
- B. depending?

Page 68

When Fern groans “Another crisis!” it's probably safe to assume that she's thinking which sort of thought:

- A. celebrating someone else's choice,
- or
- B. awfulizing?

Page 69

The moms are worried about the swing, but it sounds like the kids believe it's not as risky as the moms think. Particularly when they hang onto the swing so tight, the kids probably think that they're using the skill of:

- A. carefulness,
- or
- B. fluency?

Page 70

Avery and Fern would probably each rather swing themselves, without having to give the swing to the other. But they seem to take turns well. This is an example of which skill:

- A. kindness,
- or
- B. conservation?

Page 71

We don't know what Wilbur is thinking when he sees Fern and Avery coming, but it seems likely that it's something like this: "Yay, I'm so glad Fern has decided to come visit me! Her visits make me so happy." This would be an example of which thought:

- A. learning from the experience,
- or
- B. celebrating someone else's choice?

Page 72

Fern is standing up for Charlotte, trying to convince Avery to leave Charlotte alone. She is using which skill:

- A. fantasy-tolerance,
- or

B. assertion?

Page 73

When Wilbur says, “It was that rotten egg that saved Charlotte's life,” it sounds like he is thinking which sort of thought:

A. listing options and choosing,

or

B. celebrating luck?

Page 74

The lamb, however, is focused less on Charlotte and more on the bad smell, which the lamb calls “unbearable.” If the lamb is thinking “Why did that rat have to save that egg anyway; he should have know this would end badly,” that would be an example of which thought:

A. blaming someone else,

or

B. learning from the experience?

Page 75

In the past, Templeton hasn't been too nice, but Wilbur still saves some of his meal for Templeton. In fact, since Templeton played a role in saving Charlotte, Wilbur saves more than usual for him. This is an example of which skill:

A. gratitude,

or

B. humor?

Page 76

Charlotte is working very hard to achieve her goal, even late into the night. This is an example of which skill:

- A. self-disclosure,
- or
- B. purposefulness?

Page 77

Lurvy doesn't normally pay much attention to beautiful things, but this morning he does. This is an example of which skill:

- A. pleasure from discovery,
- or
- B. social initiations?

Page 78

Lurvy says he must be seeing things. Suppose he thinks to himself, "Oh no, my vision must be going. Soon I'm probably going to be blind! And then I'll be out of work. This is terrible!" This would be an example of which thought:

- A. blaming someone else,
- or
- B. awfulizing?

Page 79

Charlotte smiles as she watches Mr. Zuckerman and Lurvy's reactions. Suppose she thinks to herself, "Yay, it looks like all of my hard work is paying off! I'm so glad I chose to do this for Wilbur." This would be an example of which thought:

- A. celebrating her own choice,
- or
- B. goal-setting?

Page 80

When Mrs. Zuckerman says, "What's unusual about the pig?" this is an example of which way of listening:

- A. a reflection,
- or
- B. a follow-up question?

Page 81

Wilbur is really enjoying all of the favorable attention he's getting. This is an example of which skill:

- A. option-evaluating,
- or
- B. pleasure from approval?

Page 82

The minister has just learned about Mr. Zuckerman's miracle; as he says, "We don't know what it means yet." Which step of the decision-making process does this sound like:

- A. understanding, becoming aware of, describing the situation,
or
- B. considering the advantages and disadvantages of the options?

Page 83

Everyone who told someone about the secret probably asked them not to tell anyone else; sounds like people told anyway. In choosing whom to tell, some people probably did NOT successfully use which skill:

- A. conservation and thrift,
or
- B. discernment and trusting?

Page 84

It's wonderful that Wilbur is getting so much attention, but it sounds like the Zuckermans are forgetting about other important tasks on the farm. This is NOT a good example of which skill:

- A. organization,
or
- B. compliance?

Page 85

It sounds like the minister's message, when he says that human beings must be on the watch for the coming of wonders, is that people should be ready to use which skill:

- A. handling mistakes,

or

B. pleasure from blessings?

Page 86

The geese (all of them!) are doing something that annoys Charlotte. Suppose Charlotte thought to herself, “They know this bothers me and still they do it! They must be purposefully trying to make me upset! How dare they!” This would be an example of which thought:

A. blaming someone else,

or

B. not awfulizing?

Page 87

Charlotte is prompting everybody at this meeting to use which skill:

A. handling separation,

or

B. option-generating?

Page 88

Imagine Charlotte and the animals were trying to follow the steps of DR. LW AAP in coming to a decision. When Charlotte immediately says “no good” in response to the option the lamb comes up with, which step has she missed:

A. listing,

or

B. waiting?

Page 89

Charlotte doesn't think she can spell “terrific” in the web, at least given how the gander spelled it. Suppose she thought: “Who am I kidding to think that I can save Wilbur; maybe I'm not cut out for this after all. I can't possibly spell the only good word we've been able to come up with; I'm letting everybody down.” This would be an example of which thought:

- A. getting down on herself,
- or
- B. goal-setting?

Page 90

When Templeton says “let him die,” this is NOT a good example of which skill:

- A. empathy,
- or
- B. fluency?

Page 91

Suppose Wilbur thinks to himself: “I'm so happy that Charlotte has chosen to be so kind to me. She really helps me to feel better about myself and my life here on the farm.” That would be an example of which thought:

- A. celebrating someone else's choice,
- or

B. not getting down on himself?

Page 92

Charlotte knows she's an expert at weaving, and she loves it. She probably uses which skill:

A. respectful talk,

or

B. pleasure from accomplishments?

Page 93

When Charlotte thinks about what might happen if she were to use sticky thread to write Wilbur's word, she's in which stage of the decision-making process:

A. considering the advantages and disadvantages of the options,

or

B. learning from the experience?

Page 94

When Charlotte talks to herself, it sounds like she is using which skill:

A. self-nurture,

or

B. nonviolence?

Page 95

– Illustration –

page 96

If Lurvy does what Mr. Zuckerman tells him to, this could be an example of which skill:

- A. gleefulness,
- or
- B. compliance?

Page 97

Suppose Lurvy thinks to himself, “We have such an important pig; this means there will be so much extra work now. But man, I’m so lucky that I get to be a part of this! I just happened to be working at this farm during an unusually exciting time!” This would be an example of which thought:

- A. celebrating someone else's choice,
- or
- B. celebrating luck?

Page 98

So far, none of Templeton's suggestions are working out. He is having to use which skill:

- A. handling criticism,
- or
- B. fantasy-tolerance?

Page 99

Templeton is not known for his tendency to say pleasant things, and here he sure is grumbling a lot. This is NOT such a good example of which skill:

- A. respectful talk,
- or
- B. option-generating?

Page 100

Wilbur seems to cooperate joyously with Charlotte's instructions. We can be pretty sure that he did NOT think something like this: “Ugh, I was sleeping, why did Charlotte have to bother me now? Doesn't she know not to interrupt someone who is sleeping peacefully?” That would have been an example of which thought:

- A. getting down on himself,
- or
- B. blaming someone else?

Page 101

Suppose Charlotte thinks to herself, “I might as well go the limit – my goal here is to do everything I can do for Wilbur, and whether or not this word is perfect, I want to focus on doing it the best I can.”

This would be an example of which thought:

- A. goal-setting,
- or
- B. learning from the experience?

Page 102

Charlotte tells Wilbur a story even though she is tired too. This is an example of which skill:

- A. kindness,
- or
- B. assertion?

Page 103

When Wilbur says, “Then what happened?” this is an example of which way of listening:

- A. reflection,
- or
- B. follow-up question?

Page 104

If it really is true that the stories Charlotte is telling Wilbur are true, this is a good example of which skill:

- A. humor,
- or
- B. honesty?

Page 105

Imagination is a great thing, but Mrs. Arable seems to be worried that Fern has crossed a line from imagining things to lying. She's worried

that Fern might not know to use which skill:

- A. discernment and trusting,
- or
- B. honesty?

Page 106

Some people would be very frustrated if someone doubted them as much as Mrs. Arable is doubting Fern, but Fern seems to keep her cool in responding to her mom's accusations. This is an example of which skill:

- A. respectful talk,
- or
- B. option-evaluating?

Page 107

Mrs. Arable decides to seek advice about Fern and her stories. This is an example of which skill:

- A. depending,
- or
- B. conservation?

Page 108

Mrs. Arable is nervous about this visit and about what the doctor might say. She probably is using which skill in seeking this help:

- A. pleasure from accomplishments,
- or

B. courage?

Page 109

Suppose that when Dr. Dorian said “Ever try to spin [a web]?” Mrs. Arable thought to herself, “What kind of doctor is this? Did I ever spin a web, for crying out loud; what kind of question is that? He seems like he's making fun of me and I don't appreciate it one bit.” This would be an example of which thought:

- A. not getting down on herself,
- or
- B. blaming someone else?

Page 110

When Dr. Dorian says, “I don't understand everything, and I don't intend to let it worry me,” this is an example of which skill:

- A. enjoying aloneness,
- or
- B. awareness of his own abilities?

Page 111

This doctor seems quite understanding of Fern. His understanding is a good example of which skill:

- A. empathy,
- or
- B. nonviolence?

Page 112

One of the big reasons Mrs. Arable feels better is that Dr. Dorian used which skill in his time with her:

- A. listening,
- or
- B. compliance?

Page 113

The people and animals are all trying to cope with their sadness that summer is ending. If they're able to feel a little sad and a little scared without feeling bad about these feelings, this is an example of which skill:

- A. decision-making,
- or
- B. painful emotion-tolerance?

Page 114

Some of the animals are trying to do things – even things like kicking holes in fences – in their sadness and anxiety. Charlotte knows her time is almost up, but she focuses her energy on her project with Wilbur. She can't do anything about her time being up, but she can still do things to help Wilbur! This is an example of which skill:

- A. awareness of control,
- or
- B. differential reinforcement?

Page 115

Page 130

It sounds like everyone is very gleeful at the fair today. But some people are clearly taking care that things run safely and smoothly, like whoever is involved with the “enormous voice” reminding people not to drive or park near the fireworks shed. This is a good example of which skill:

- A. nonviolence,
- or
- B. carefulness?

Page 131

Mr. Arable urges Fern and Avery to save their money and not spend it too quickly. He's recommending that they use which skill:

- A. painful emotion-tolerance,
- or
- B. conservation and thrift?

Page 132

– Illustration –

page 133

Mrs. Arable is nervous about Fern and Avery's going off by themselves, but Mr. Arable reminds her that they need to let Fern and Avery grow up with independence. Mrs. Arable has to use which skill here:

- A. courage,
- or
- B. organization?

Page 134

Charlotte is being very open with Wilbur about what she sees and what she is told, even though this might upset Wilbur. She is in what kind of skills dilemma here:

- A. honesty versus joyousness,
- or
- B. toleration versus competence-development?

Page 135

We know Charlotte well enough now to know that she's a good judge of people and animals. If she doesn't think highly of this other pig, she's probably right not to. She's good at using which skill:

- A. discernment and trusting,
- or
- B. conservation and thrift?

Page 136

Wilbur has to handle the fact that the other pig is getting so much

attention. If he can handle it successfully, he is probably using the skill of

- A. option-evaluating,
- or
- B. magnanimity, non-jealousy?

Page 137

We get the sense that Avery was joking when he said “that's just what we need” about Lurvy's blanket, but it turns out that Lurvy has a not-so-typical use of the blanket in mind, which probably helps quite a lot. In coming up with this idea, Lurvy was probably using the skill of

- A. fantasy-tolerance,
- or
- B. option-generating?

Page 138

Suppose Templeton thinks to himself, “I don't like being treated like a messenger boy, but I also don't want to waste any more energy blaming Charlotte for requesting my help. I know that they're very worried about Wilbur right now and putting their all into helping him.” This would be a (rather surprising!) example of which thought:

- A. getting down on himself,
- or
- B. not blaming someone else?

Page 139

Mrs. Arable is very happy to see Fern and Henry Fussy having fun together. She's happy to see Fern using which skill:

- A. socializing,
- or
- B. frustration-tolerance?

Page 140

Charlotte is not feeling well, and she's nervous, but when she says “That's Wilbur all over. He's not proud and he's near the ground” she seems to be still using the skill of:

- A. humor,
- or
- B. nonviolence?

Page 141

Wilbur very much appreciates the fact that Charlotte's company makes him feel safe. He realizes that without her he'd feel lonely and homesick. This is appreciation is an example of which skill:

- A. gratitude,
- or
- B. forgiveness?

Page 142

Wilbur asks Charlotte for reassurance a lot, and Charlotte is very kind in reassuring him. Wilbur is using the skill of:

- A. handling criticism,
- or
- B. depending?

Page 143

Suppose Mrs. Arable thinks to herself, “I am so glad Fern chose to spend time with other children today! She seems so happy, and now I don't feel nearly so worried about her!” This would be an example of which thought:

- A. goal-setting,
- or
- B. celebrating someone else's choice?

Page 144

Charlotte has been working on her “magnum opus” all night long. Once again, she shows us how good she is at using the skill of:

- A. handling criticism,
- or
- B. persistence?

Page 145

When Wilbur feels so happy in learning about Charlotte's egg sack – as happy as though he had constructed it himself – this is an example of which skill:

- A. pleasure from discovery,
- or

B. fantasy-tolerance?

Page 146

As Charlotte explains to Wilbur how she feels about things, she is using which skill:

- A. awareness of her own emotions,
- or
- B. handling rejection?

Page 147

Despite not feeling good, Charlotte is able to get pleasure from admiring her final web. This is an example of which skill:

- A. decision-making,
- or
- B. pleasure from accomplishments?

Page 148

When Templeton tells Wilbur that Zuckerman is bound to “take the knife” to him, this is NOT a good example of which skill:

- A. courage,
- or
- B. empathy?

Page 149

Wilbur is not discouraged by Templeton's unkind words; instead, he

turns the focus to Charlotte's accomplishments. This is an example of which skill:

- A. assertion,
- or
- B. conservation and thrift?

Page 150

Mr. Zuckerman is encouraging everyone to get tough and take steps to better their chances with Wilbur, despite the disappointment. He is using the skill of:

- A. frustration-tolerance,
- or
- B. social initiations?

Page 151

All of this hugging and kissing and celebrating is an example of which skills:

- A. pleasure from approval and gratitude,
- or
- B. competence-development and honesty?

Page 152

– Illustration –

page 153

Mr. Zuckerman is very motivated to move quickly and efficiently, all concerns of hairdos aside. This is an example of which skill:

- A. nonviolence,
- or
- B. purposefulness?

Page 154

It sounds like Fern really appreciates her friendship with Henry Fussy. She is growing up and moving on, just as her mom had hoped for her. This could be an example of:

- A. option-generating,
- or
- B. favorable attractions?

Page 155

Suppose Mrs. Zuckerman is able to feel scared without getting down on herself for feeling scared; she notices that she is scared, but doesn't get into a cycle of feeling more scared in seeing that she's scared. This would be a good example of which skill:

- A. painful emotion-tolerance,
- or
- B. loyalty?

Page 156

Avery may be the busiest worker, but when he says "Can't you see I'm busy?" with disgust, that is NOT a good example of

- A. independent thinking,
- or
- B. respectful talk?

Page 157

Everyone seems to be celebrating the miracle of the webs. If there really was a miracle, this could be an example of which skill:

- A. pleasure from blessings,
- or
- B. fantasy-tolerance?

Page 158

Suppose that when Charlotte hears the man say spiders cannot write she thinks to herself: “Well he's certainly showing how little he knows, but I don't want to waste any of my own energy blaming him for that. It's to be expected that humans don't know the full extent of animals' abilities!” This would be an example of which thought:

- A. learning from the experience,
- or
- B. not blaming someone else?

Page 159

Templeton seemed to be very certain about what he should do in this situation, but really he was in a dilemma between which skills:

- A. kindness versus nonviolence,

or

B. conservation versus honesty?

Page 160

A lot of animals are contributing to the Zuckermans' successes here without getting any credit. We can assume that the animals are reinforcing themselves, with no need for that sort of credit. If so, the animals are using which skill:

A. differential reinforcement,

or

B. pleasure from accomplishments?

Page 161

Lurvy carries out the plan he initially had without noticing that Wilbur is back to normal now. This is NOT such a good example of which skill:

A. handling rejection,

or

B. thinking before acting?

Page 162

When Avery goofs around and amuses the crowd with his dancing and his funny faces, this is a good example of which skill:

A. self-nurture,

or

B. humor?

Page 163

Wilbur can tell that Charlotte isn't feeling quite like herself. This is a good example of which skill:

- A. empathy,
- or
- B. frustration-tolerance?

Page 164

Both Wilbur and Charlotte are expressing how much they appreciate each other, and how much they've done for one another. This is a wonderful example of which skill:

- A. nonviolence,
- or
- B. gratitude?

Page 165

Charlotte is trying to urge Wilbur to handle the fact that her life is ending, but Wilbur claims (for now) that he absolutely cannot use which skill in this case:

- A. honesty,
- or
- B. fortitude?

Page 166

But even though Wilbur thinks it's impossible for him to handle this

news, he immediately starts using which skill in figuring out what he can do:

- A. option-generating,
- or
- B. self-disclosure?

Page 167

Templeton seems to understand exactly what Wilbur is feeling here, but he is intentionally hard on him anyway. This is NOT a good example of which skill:

- A. conscience,
- or.
- B. courage?

Page 168

Templeton is asking for that credit after all, and in a not-very-nice way. This is NOT a good example of which skill:

- A. conservation and thrift,
- or
- B. forgiveness and anger control?

Page 169

If Wilbur lives up to this promise, despite the fact that it's a big commitment, and even though Templeton has been so frustrating, this would be a good example of which skill:

- A. honesty,
- or
- B. self-care?

Page 170

This last thing that Wilbur does for Charlotte is a very kind thing. But it's also something that Wilbur has carried out all by himself, upon his own initiative, all for Charlotte. This is also a good example of which skill:

- A. submission,
- or
- B. independent thinking?

Page 171

Both Charlotte and Wilbur are calm at the end of their time together, despite how hard it is for them. This is a good example of which skill:

- A. competence development,
- or
- B. handling separation?

Page 172

Wilbur has been so careful in transporting Charlotte's children, and he is so happy to be back home with them. This is an example of which skill:

- A. loyalty,
- or
- B. compliance?

Page 173

Wilbur misses Charlotte a lot, but he is continuing to handle his separation from her well. In remembering her he primarily seems to be using the skill of:

- A. toleration,
- or
- B. gratitude?

Page 174

Suppose that Wilbur thinks to himself: "Well, sometimes I wish I hadn't made that promise to Templeton that he could eat first, but I did it for a reason, and it was very important at the time. So I certainly don't want to blame myself too much for how things are now; I know that it's still worth it." This would be an example of which thought:

- A. learning from the experience,
- or
- B. not getting down on yourself?

Page 175

Templeton is very certain about his over-indulgent way of life, but we could still say he's in which skill dilemma:

- A. self-care versus joyousness,
- or
- B. honesty versus courage?

Page 176

Wilbur could have gotten upset or discouraged in waiting for something to happen with Charlotte's egg sack, but instead he waits and he watches patiently. This is an example of which skill:

- A. depending,
- or
- B. persistence?

Page 177

When Wilbur introduces himself to Charlotte's offspring and makes them feel welcome, this is an example of which skill:

- A. social initiations,
- or
- B. submission?

Page 178

Wilbur is startled because Charlotte's children seem to have jumped right away to the “doing it” stage of the decision-making process. He might have been better prepared for this if the children had thought things through, like with which other stage of decision-making:

- A. listing options,
- or
- B. handling criticism?

Page 179

It sounds like Charlotte's children have already grown up to the point

that they're ready to use which skill:

A. fantasy-tolerance,

or

B. independent thinking?

Page 180

Wilbur is very open about telling Charlotte's children about how much he needs them and their company. This could be considered an example of which skill:

A. depending,

or

B. conservation and thrift?

Page 181

Three of Charlotte's children are sticking by Wilbur, since they so like him. Now they are the ones using which skill:

A. loyalty,

or

B. nonviolence?

Page 182

There is such good socializing and trust-building going on between Joy, Aranea, Nellie and Wilbur; all four of them are expertly using which skill:

A. self-care,

or

B. friendship-building?

Page 183

Wilbur probably understands why Fern doesn't spend so much time with him anymore. He probably is also proud of her for growing up and moving on! And even though Fern probably doesn't mean to turn away from Wilbur, Wilbur's handling this could still be considered an example of which skill:

A. handling rejection,

or

B. fantasy-tolerance?

Page 184

We've been celebrating Charlotte for many pages now for her kindness, her persistence, and her loyalty. With this final page, Wilbur also issues one final celebration of her – for these things, but also now for her abilities in writing, or in using the skill of:

A. differential reinforcement,

or

B. fluency?

Questions on Great Illustrated Classics Abridgement of *The Secret Garden*

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Page 7: If Mary Lennox were thinking to herself, “My parents never cared about me. It’s their fault that I’m so unhappy,” she would have been using which of the 12 thoughts?

A. goal-setting

or

B. blaming someone else

Page 8: The word reinforcement means almost the same thing as reward. When Mary had thrown tantrums, her caretaker had given her whatever she wanted. Thus the tantrum behavior was reinforced, or rewarded, and the tantrums came more frequently. Do you think Mary’s caretaker was

A. reinforcing unwanted behavior

or

B. reinforcing admirable behavior?

Page 10: Mary didn’t get along well with Reverend Crawford’s 5 children – they thought she was contrary, or disagreeable. It sounds as if she could benefit from getting better skills of

- A. friendship-building
- or
- B. honesty?

Page 12: Mrs. Medlock says that Mary's uncle, Archibald Craven, "doesn't trouble himself" about anyone. She gives the message that Archibald lacks skill in

- A. productivity
- or
- B. kindness?

Page 14: Mrs. Medlock goes on to say that Archibald Craven has hated his own life. In other words, he has lacked skills of

- A. joyousness
- or
- B. conservation?

Page 16: We say that there's a positive emotional climate when people enjoy each other, are kind to each other, and have fun with each other, and a negative emotional climate when they dislike each other and fight with each other or just avoid each other. Mrs. Medlock describes the place where Mary will live as having a

- A. positive emotional climate
- or
- B. negative emotional climate?

Page 18: Suppose Archibald Craven had met Mary when she arrived and said, "Hi Mary. Welcome. My name is Archibald Craven. I'm your uncle. I hope you like it here." In that case, he would have been using

skills he also appears to lack, which are

A. friendship-building

or

B. nonviolence?

Page 21: The first words that Mary said to the housemaid were, “What’s that?” If instead, she had said, “Good morning. How are you today?” she would have been using a friendship-building skill called a

A. reflection

or

B. greeting ritual?

Page 22: Mary has not even learned to put her own clothes on, because someone else has always done it for her. She has missed out on practicing an early step in the skill of

A. productivity,

or

B. loyalty?

Page 24: Mary criticizes Martha, and Martha says, “You’re right, I don’t know anything about how to treat people.” Martha uses a way of responding to criticism called

A. agreeing with part of criticism,

or

B. criticizing the critic?

Page 26: Martha hates to see good food go to waste. Because her family is poor, they have had to learn skills of

- A. nonviolence,
- or
- B. conservation?

Page 28: Martha says that she doesn't take food to her family because it doesn't belong to her. She doesn't want to steal something, even if it would go to waste otherwise. It looks as though Martha has high skills of

- A. courage,
- or
- B. honesty?

Page 30: Sometimes, when bad things happen, people get scared of their own memories of the bad event. We call it avoidance when the people try to block out anything that reminds them of the bad event. We call it mastery when they somehow learn to deal with those memories without feeling terrible all over again. Archibald Craven locked up his wife's garden so that he wouldn't be reminded of her death. He was trying to deal with her death by

- A. avoidance,
- or
- B. mastery?

Page 33: It sounds as if Mary wanted to find the garden that Archibald Craven had locked up. If she were thinking to herself, "I want to satisfy my curiosity! I want to find that locked-up garden, and see if I can get in!" she would have been using one of the 12 thoughts, which was

- A. celebrating her own choice,

or

B. goal-setting?

Page 34: If Mary had possessed better friendship-building skills, she would have smiled at the worker and said, “Hi! My name’s Mary! What’s your name?” She would have been using

A. A greeting ritual and introduction,

or

B. A parting ritual and follow-up question?

Page 36: Ben Weatherstaff nursed a baby bird until it was able to take care of itself. He showed the skill of

A. kindness,

or

B. positive fantasy rehearsal?

Page 38: Mary and Ben openly talk with each other about their lack of friends. They are doing a remarkable job of

A. joint decision-making, or conflict-resolution,

or

B. honesty?

Page 40: Mary has found out that Archibald Craven doesn’t want anyone to enter the locked-up garden. Deciding whether or not to honor his wishes involves the skill of

A. compliance,

or

B. positive fantasy rehearsal?

Page 43: If Mary had thought to herself, “How wonderful that this nice bird lives here in the garden,” she would have been

- A. Not getting down on herself,
- or
- B. Celebrating luck?

Page 44: Mrs. Craven and Archibald Craven used to spend lots of time together in the garden, planting or reading or just talking. For the first time in his life, Archibald Craven had developed the skill of

- A. joyousness,
- or
- B. self-discipline?

Page 46: Mary begins to feel sorry for someone other than herself. This emotion is called

- A. surprise,
- or
- B. compassion?

Page 48: Mary clearly hears a child crying. Martha lies and says that it is the wind. Martha surely has been commanded not to tell Mary what is really going on. Martha is experiencing a moral dilemma, where the two principles that conflict with each other are

- A. nonviolence and positive fantasy rehearsal,
- or
- B. honesty and compliance?

Page 50: Mary watches the baby mice without disturbing them. Some people try to kill all mice that are inside a house. Mary is using the skills of

- A. kindness and nonviolence,
- or
- B. productivity and self-care?

Page 52: When Mary thinks, “I’m going to find out who or what it is!” she is using a thought called

- A. not awfulizing,
- or
- B. goal-setting?

Page 55: It sounds like Mary is thinking something like, “Hooray, I’m glad it’s such good weather today!” This is

- A. Celebrating luck,
- or
- B. Learning from the experience?

Page 56: When Mary says, “You do remember me!” she is using the skill of

- A. joyousness,
- or
- B. conservation?

Page 58: Suppose Mary had thought, “I’m so glad the bird hopped where he did! It’s as if he were showing me where the key is, on purpose!” She would have been

- A. Listing options and choosing,
or
- B. Celebrating someone else's choice?

Page 60: There are many ways in which people can be kind. The one that Martha's mother used was

- A. teaching,
or
- B. giving?

Page 62: In response, Mary does a kind act herself, which is

- A. thanking,
or
- B. helping?

Page 64: If Mary thought to herself, "Thank you, Mr. Robin! You showed me not only the key, but also the door!" she would have been using which thought and probably feeling which emotion?

- A. getting down on herself and guilt,
or
- B. celebrating someone else's choice and gratitude?

Page 67: When Mary thinks, "How I wish the garden were alive," she is

- A. goal-setting,
or
- B. learning from the experience?

Page 68: Mary spends several hours digging out the grass so the flowers will grow. She's putting in effort to achieve her goal, which is called

- A. respectful talk,
- or
- B. productivity?

Page 70: Martha is delighted to see Mary looking happy. Taking pleasure in someone else's happiness is part of the skill of

- A. kindness,
- or
- B. self-discipline?

Page 72: People who are depressed tend to think, "What's the point of doing anything? My efforts won't have any effect." People who are not depressed tend to believe that their efforts will produce a result that they want to produce – they have an expectation of what's called an effort-payoff connection. Mary's plans about growing things in the garden give her a feeling of

- A. helplessness and hopelessness,
- or
- B. an effort-payoff connection?

Page 74: In decision-making, there are various steps, including recognizing the situation one is in, figuring out one's objective or goal, getting information, listing options, thinking about advantages and disadvantages, deciding, doing, and learning from the experience. In trying to find out more about the crying sound from Martha, Mary is trying to do which of these?

- A. list advantages and disadvantages,
- or
- B. get information?

Page 77: Mary's experience working by herself in the garden seemed to illustrate which principle?

- A. The more productivity you do, the more you become capable of.
- Or
- B. If you expect people to be mean, and are mean to them for that reason, they are usually mean back.

Page 78: Ben has said that he would plant roses if he had his own garden, and Mary replies, "Do you like roses?" She is using one of the four ways of listening, called

- A. a follow-up question,
- or
- B. a facilitation?

Page 80: There are at least 3 clues on this page that Dickon is good at friendship-building. The author says he has a friendly face. The animals like him. And another clue is that

- A. He mentions lots of other friends that he has.
- Or
- B. He introduces himself to Mary.

Page 81: Suppose Mary had thought to herself: Hmm, if I tell him the secret and he's not trustworthy, he could ruin what I've got going with the garden. But if I tell him and he is trustworthy, I could possibly get some good help with my goal, and maybe make a friend as well."

If she thought like this, she would have been doing which of the steps of decision making that are remembered by the mnemonic SOIL ADDLE?

- A. Advantages and disadvantages
- or
- B. Learning from the experience?

Page 84: When Mary says, “Then you knew about it?” it’s like she’s saying, “What I hear you saying is that you knew about it – is that correct?” She is using which of the four ways of listening?

- A. A reflection
- or
- B. Positive feedback

Page 86: When Mary says, “Dickon, you’re as nice as Martha said you were,” she is doing one of several types of kind acts, called

- A. consoling,
- or
- B. complimenting?

Page 88: Mary didn’t want to leave Dickon, but she knew that when the noon clock sounded, she was expected to go in for lunch, so she did so. Part of her motive may have been not to attract attention to what she and Dickon were doing. And part of it may have involved the skill of

- A. compliance,
- or
- B. conservation?

Page 91: Martha is proud of Dickon and praises him. It looks as if the Sowerby family, though poor, has a very

- A. Positive emotional climate,
- or
- B. Negative emotional climate?

Page 92: There are several types of danger: physical danger, which is the possibility of getting hurt or killed; social danger, which is the possibility of being disliked or disapproved of, economic danger, which is the possibility of losing or not getting money or wealth, and the danger of not reaching your goals. Which type of danger do you think makes Mary scared as she goes to see her uncle for the first time?

- A. Physical danger,
- or
- B. Social danger?

Page 94: Mary finds that Archibald Craven is trying to be kind to her, by

- A. doing fun things with her,
- or
- B. paying money to people to take care of her?

Page 96: When Archibald asks Mary what she wants, she asks to be able to do what she's already doing, which is to grow things in the hidden garden. Getting his permission helps her to think that she's not doing a bad job of

- A. compliance,
- or
- B. nonviolence?

Page 98: Mary is pleased that Archibald gave her permission to have the garden and to visit the Sowerby family. She is

- A. not getting down on herself,
- or
- B. celebrating someone else's choice?

Page 101: When Mary thinks, "I must find out what it is," she is

- A. celebrating luck,
- or
- B. goal-setting?

Page 102: People might have gotten mad at Mary for exploring around in the house, and she didn't know what to find when she opened a door and walked in. But her curiosity led her to use her skills of

- A. courage,
- or
- B. conservation?

Page 104: Colin's belief that he would die soon, and his belief that his dad hated him, kept him from getting out and exercising. His beliefs interfered with his skills of

- A. self-care,
- or
- B. honesty?

Page 106: When Colin says to Mary, "I want to hear all about you," he is showing interest in her, and using a skill we didn't think he had much of,

which is

- A. friendship-building,
- or
- B. nonviolence?

Page 108: When Colin asked things like, "What garden door? Who locked it?" and so forth, he is using one of the four ways of listening, called

- A. Positive feedback,
- or
- B. Follow-up questions?

Page 110: Mary and Colin talk about whether to keep the garden a secret or not. Mary talks about the advantages of keeping it secret, and Colin agrees on this option. Without going through all the steps of Dr. L.W. Aap, they are using the skill of

- A. honesty,
- or
- B. joint decision-making?

Page 111: When Colin says that sometimes he hates his mother for dying, he tells about his thoughts of

- A. goal-setting,
- or
- B. blaming someone else?

Page 114: When Mary says, "So Martha knows about you," she's saying about the same thing as, "So if I understand you correctly, Martha knows

about you." She's using one of the four ways of listening, which is a

- A. positive feedback,
- or
- B. reflection?

Page 117: Martha is afraid of losing her job and not being able to make money to help her mother. She is afraid of

- A. physical danger,
- or
- B. economic danger?

Page 118: Mary tells Martha about the plan. For Martha to go along will require Martha to use her

- A. courage skills,
- or
- B. conservation skills?

Page 120: The doctor from London spoke with authority, telling people to take Colin's brace off and not give him so much medicine and not spoil him so much. The doctor was using his skills of

- A. assertion, which means saying clearly what you want to happen,
- or
- B. relaxation, which means letting your body and mind become calm?

Page 122: Colin tells the nurse to leave and tells Martha to bring Mary to see him. He appears to be able to use the skill of

- A. assertion,

or

B. self-care?

Page 124: The people whom the Rajah gave orders to had to obey instantly or die. They had a very strong incentive to use the skill of

A. joyousness,

or

B. compliance?

Page 126: We earlier got a hint that Dr. Craven, Archibald's brother, really might want Colin to die, because if Colin were to die, Dr. Craven would inherit the estate. If this is true, Dr. Craven must have very bad skills of

A. honesty and kindness,

or

B. Productivity?

Page 128: Colin and Mary are using their skills of

A. friendship-building and joyousness,

or

B. productivity and self-discipline?

Page 130: Dr. Craven is angry that Mary and Colin have become friends. This gives another clue that he is actually more interested in keeping Colin sick than in getting him well. Colin's deciding to trust Mary more than he trusts Dr. Craven is an example of the skill of

A. productivity,

or

B. good decisions?

Page 132: Dr. Craven tries to get Colin to act sick, but Colin defies him. Part of a certain skill is deciding when NOT to obey someone. Colin uses this skill and another:

A. compliance and assertion,

or

B. conservation and positive fantasy rehearsal?

Page 135: Mary and Colin did a lot of reading together. They instinctively knew something that I hope you can confirm from what you are doing right now, which is that

A. Reading is something that you have to do alone,

or

B. Reading is fun for two people to do together?

Page 136: Mary is pleased that Dickon got to the garden so early. She is

A. celebrating someone else's choice,

or

B. not getting down on herself?

Page 138: If Colin is afraid of becoming a hunchback, he feels that there is

A. physical danger,

or

B. economic danger?

Page 140: Colin wanted Mary to come see him, but she decided he

would have to wait. So Colin had a tantrum all afternoon. Colin is demonstrating a lack of skills in

- A. nonviolence,
- or
- B. fortitude?

Page 142: Suppose Colin had said, "I've come to expect you to come visit every morning, and when you didn't, I felt jealous and disappointed. Can we talk about what we can do about this?" He would have done the first of the joint decision steps remembered by Dr. L.W. Aap. It is:

- A. Defining the problem
- or
- B. Listing options?

Page 144: When Mary says, "You just want people to feel sorry for you!" she is

- A. getting down on herself,
- or
- B. blaming someone else?

Page 146: Archibald Craven and Mary did kind acts to each other, which were

- A. giving and thanking
- or
- B. teaching and consoling?

Page 148: Although what Mary says is hardly an example of respectful talk, the author lets us know that it turns out to be an act of a type of

kindness known as

A. not spoiling,

or

B. doing fun things with?

Page 150: Mary refuses to do something that the servants felt they had to do, that was not good for Colin, called

A. reinforcing unwanted behavior,

or

B. learning from the experience?

Page 153: When Mary tells Colin that Dickon was coming to visit, Colin said "That's wonderful!" He is

A. Celebrating someone else's choice,

or

B. Listing options and choosing?

Page 154: Colin frowned when he saw the doctor. If Colin thought something like, "You have given me bad advice about my health! You have been a bad doctor!" he would have been blaming someone else. Blaming someone else is

A. A type of thought that you should never do,

or

B. A type of thought that is sometimes very useful, as it would be in this case, as long as it is not overdone. 1

Page 156: The writer says that Dr. Craven was not an evil man. But a doctor who doesn't like it when his patient gets well because he will lose

an inheritance is not a good doctor. And though the writer says that the doctor would never do anything to harm Colin, the doctor's advice has already harmed Colin very much. For these reasons it's much wiser for Colin to

- A. be assertive with the doctor,
- or
- B. be agreeable with the doctor?

Page 159: When Colin imagines doing wonderful things with Mary and Dickon, he is practicing his skills of joyousness and friendship-building by using his skills of

- A. positive fantasy rehearsal,
- or
- B. respectful talk?

Page 160: When Mary speaks about getting fat, she really means getting to be a healthy weight rather than being too thin. She and Colin feel like eating because they've been getting exercise and being in a positive emotional climate. They are growing their skills of

- A. honesty,
- or
- B. self-care?

Page 162: Dickon lets Colin practice an act of a type of kindness toward the lamb, which is

- A. feeding,
- or
- B. teaching?

Page 164: Colin imagines the joy that he will feel in seeing the flowers. He also imagines living and expecting to live rather than feeling that he will die soon. He's using

- A. positive fantasy rehearsal,
- or
- B. self-discipline?

Page 167: The children wanted to go out to the garden, but there is a whole week of rain. They don't let this bother them, but have fun together anyway. Putting up with it when it rains uses the skill of

- A. fortitude,
- or
- B. loyalty?

Page 168: It would have been kind for Colin to say "Thank you" to the servants and the nurse who helped him get ready to go to the garden. If the servants didn't get resentful about his rajah-like manner and failure to say thanks, they probably used their skills of

- A. forgiveness,
- or
- B. gleefulness?

Page 170: If Colin were to think, "I'm really glad these two friends are taking me to the garden," he would be

- A. listing options and choosing,
- or
- B. celebrating someone else's choice?

Page 172: When Colin says, "I shall get well!" he is

- A. not getting down on himself,
- or
- B. goal-setting?

Page 175: Suppose Dickon had thought, "Let's see. I could move the wheelchair back outside the garden. Or I could go under that beautiful plum tree. Or I could go near the rose bushes. I think the plum tree would be the best place now." He would be

- A. listing options and choosing,
- or
- B. not awfulizing?

Page 176: Dickon and Mary predict that if they tell Colin the whole truth about how Colin's mother was killed in the garden, that knowledge will spoil his joy from being there. They want to do what will make him happy. They have something of a moral dilemma, where the two principles that conflice are

- A. courage versus conservation,
- or
- B. honesty versus kindness?

Page 178: Dickon tells Colin that he will be able to walk and dig. A principle that is important here is that

- A. Believing that you can do something helps you to do it.
- or
- B. An ounce of prevention is worth a pound of cure.

Page 180: If Colin thought to himself, "I thought I had something horrible wrong with me, but now I think that there's no horrible sickness!" he would be

- A. listing options and choosing,
- or
- B. not awfulizing?

Page 182: Colin is angry at being called a cripple, but he lets that anger energize him to do something that is a good idea. This illustrates that

- A. Sometimes anger can be a useful emotion, especially when it motivates us to carry out a wise plan.
- or
- B. Sometimes people commit themselves to so many things that they don't have time for them all.

Page 184: Why does Ben Weatherstaff have tears coming down his face?

- A. Because he's sad that the children got into the garden,
- or
- B. Because he's so happy that Colin can stand up and look healthy?

Page 186: When Colin says, "I want to be standing when Ben Weatherstaff comes into the garden," he is

- A. not getting down on himself,
- or
- B. goal-setting?

Page 188: Ben says, "They keep me on because your mother liked me."

In other words, Archibald Craven keeps Ben employed because he wants to honor a feeling of commitment to his wife who died. Preserving relationships rather than being comfortable with just "dumping" people has to do with the skill of

- A. loyalty,
- or
- B. honesty?

Page 190: Ben tells the children a secret of his own, that he tended the garden for 8 years, in defiance of Archibald Craven's orders, to carry out Colin's mother's orders. Disclosing information about yourself that you don't want others to know, and deciding when you can trust people, are subskills of

- A. friendship-building,
- or
- B. conservation?

Page 192: When Colin proudly says, "I've done both today," talking about both walking and digging, he is

- A. blaming someone else,
- or
- B. celebrating his own choice?

Page 194: Ben and Dickon both do a certain type of kind act, which is

- A. helping,
- or
- B. consoling?

Page 197: Colin has found that thinking about doing good things in the future tends to make them happen. He has learned about the skill of

- A. honesty,
- or
- B. positive fantasy rehearsal?

Page 198: When Colin says, "I did it!" he is

- A. celebrating his own choice,
- or
- B. not blaming someone else?

Page 200: Colin imagines working to become stronger, and then walking into his father's study and proclaiming how well he is. He is using the skill of

- A. compliance,
- or
- B. positive fantasy rehearsal?

Page 202: If Colin thought to himself, "I've learned something! The more exercise I do, the more I am capable of doing!" he would be

- A. blaming someone else,
- or
- B. learning from the experience?

Page 204: Dickon shows Colin some exercises to strengthen his arms and legs. He does a type of kind act known as

- A. complimenting,

or

B. teaching?

Page 206: Dr. Craven gives his blessing to the children's doing what is good for them. Even though Dr. Craven was a bad doctor and was harmful to Colin, he seems to have some wish for him to do well. This illustrates that

A. People often have good and bad mixed together, and are usually not all good or all bad. And sometimes they change.

or

B. People seem to be entertained by violent stories.

Page 209: Rainy days present a problem, and Mary comes up with a solution. She's using the skill of

A. self-discipline,

or

B. good decisions?

Page 210: Colin runs and jumps in order to make himself stronger. He's using the skill of

A. nonviolence,

or

B. self-care?

Page 212: If Colin had said, "I'm well! And it's because you two helped me!" he would have been

A. celebrating luck,

or

B. celebrating someone else's choice?

Page 214: When Colin asks, "Do you think that will make my father like me," he uses a

A. facilitation,

or

B. follow-up question?

Page 216: Suppose Colin had thought, "I'm glad Mrs. Sowerby tells stories and makes people laugh and knows how to create a positive emotional climate. She probably showed Dickon how to have a positive emotional climate, and Dickon showed Mary, and Dickon and Mary showed me." He would have been

A. Celebrating someone else's choice,

or

B. Celebrating his own choice?

Page 218: When Colin says, "You are just what I imagined a mother would be like," he does a kind act called

A. complimenting,

or

B. giving?

Page 221: Archibald Craven has an aversion to his memories, and he tries to deal with this by running away from them. He has tried the strategy called

A. mastery,

or

B. avoidance?

Page 222: Archibald Craven travels to pretty places in Europe, but he is still unhappy. What has he not discovered quite yet, which is a major theme of this book?

A. It's good to save money so that you can use it to help people.

or

B. Happiness comes from having good relationships with others, in a positive emotional climate.

Page 224: Archibald dreams of his wife asking him to come to her. The important message his mind is giving himself is that

A. You need to connect with another person if you want your life to be worthwhile.

or

B. Don't bite off more than you can chew.

Page 226: Archibald thinks, "I behaved like a madman." Later, he moves to, "Can I make it up to him now?" This is an example of

A. Getting down on himself, moving to goal-setting,

or

B. Blaming someone else, moving to celebrating luck?

Page 228: As soon as he gets home, Archibald asks how Colin is doing. He may be working on deciding how best to act toward Colin now, and he is using the step in the decision-making process called

A. Information-gathering

or

B. Listing options?

Page 230: Why did Archibald run rather than walk?

A. Because he wanted to get some good exercise,
or

B. Because he wanted to connect with his son, and he couldn't wait to do so.

Page 232: Colin and Mary had been having a footrace, and Colin had won. Mary was psychologically skilled enough to use the idea that

A. there are things (such as a positive emotional climate) much more important than winning or losing a game.

or

B. getting plenty of sleep helps you be in a better mood.

Page 234: Colin starts the conversation with his father in a way that people often start them, although in this circumstance it's very unusual to start a conversation with your own father in this way. Colin starts by

A. Asking a follow-up question,

or

B. Introducing himself?

Page 236: After Archibald says, "Tell me all about it," he does an act of kindness called

A. being a good listener,

or

B. giving?

Page 238: As the story ends, we imagine that Archibald Craven is going to spend a lot of time with his son and his son's friends, developing and using the skill of

A. friendship-building,

or

B. nonviolence?

Questions on *The Peace Seekers: The Nobel Peace Prize*

by Nathan Aaseng
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Introduction

Page 7: Alfred Nobel invented dynamite, which can be used in bombs and canons. Nobel read in the newspaper a description of himself as a man "who became rich by finding ways to kill more people faster than ever before."

If Nobel had said to himself, "I don't want to punish myself for inventing dynamite; maybe it will even stop wars when people see how dangerous modern weapons are," which thought would he have been using?

A. Awfulizing,

or

B. Not getting down on himself?

Page 8: Suppose Nobel said to himself, "Looks like my invention has really caused people to get blown up. I did something harmful. My goal is to try to promote peace, by leaving money for the peace prize."

Which thoughts would he have been using?

A. Getting down on himself and goal-setting.

or

B. Blaming someone else and celebrating luck.

Page 9: People keep working for peace, even though they see that their efforts are far from successful. They are tough enough not to give up. They are showing the skill of

A. Friendship-building,

or

B. Fortitude?

Page 11: When World War I started in 1914, lots of people seemed to say, “How fortunate we are that there's a great adventure starting! This will be so much fun! We get to test our highest values!” This thought is an example of “celebrating luck.” They eventually found out that many people were killed and the war accomplished nothing good. Do you think that “celebrating luck” turned out eventually to be

A. a useful and realistic way of thinking,

or

B. an unrealistic and harmful way of thinking?

Page 12: Jane Addams worked to help women and children not to be forced to work long hours under bad conditions. She set up a house where poor people, especially people coming from other countries, could get help in lots of different ways. She was using the skill of

A. kindness,

or

B. positive fantasy rehearsal?

Page 13: There were groups of people in Europe who first figured out

that World War I was a horrible thing. They organized to try to stop the killing. They were very dedicated to the principle of

- A. conservation,
- or
- B. nonviolence?

Page 14: The peace group tried to promote mediation. Mediation means that when there are two sides in conflict, someone else tries to talk with both sides to try to come up with a reasonable solution to the problem they have. The mediator is trying to promote the skill of

- A. good joint decision-making, or conflict-resolution
- or
- B. joyousness?

Page 15: The leaders of countries would not follow the suggestions of the peace group because of “the fear of appearing to be weak.” The fear of having people think you are weak is in itself a lack of a certain skill: which one?

- A. honesty,
- or
- B. courage?

Page 16: Because she stood up for peace, many people in the U.S. showed great hatred and anger toward Jane Addams. But in deciding what to do, she thought that what was right and wrong was much more important than what people thought of her. Figuring out what is most important is a very important part of the skill of

- A. good decisions,

or

B. joyousness?

Page 17: People gradually figured out, “World War I caused 37.5 million deaths and accomplished nothing! This was a horrible mistake!” This is an example of a thought that is sometimes overdone, but in this case was very realistic and useful. This thought is called

A. awfulizing,

or

B. celebrating your own choice?

Page 19: The treaty that ended World War I was very punishing and humiliating toward Germany. This resulted in a lot of anger by the Germans, and a wish to fight back and defend themselves more. Lots of people who study history think that the second World War wouldn't have happened if people had treated Germany at the end of World War I with more

A. kindness and forgiveness,

or

B. self-care and productivity?

page 20: Carl von Ossietzky saw first hand the horrible deaths in World War I. In response to this, he appears to have thought something like, “I want to devote the rest of my life to working for peace.” This thought is

A. blaming someone else,

or

B. goal-setting?

page 21: Carl von Ossietzky figured out that the German government

was being sneaky and not keeping the promises made about keeping Germany's military force low. He told the truth about this in his writings, only to get punished for it. He was punished for using the skill of

- A. respectful talk,
- or
- B. honesty?

page 22: We can speak of two different types of goals in life. The first is to be happy and make others happy. The second is to get lots of power so you can dominate other people and defeat your enemies. The government as run by Hitler, with news media controlled by Hitler's ally, Goebbels, was oriented toward:

- A. being happy and making others happy,
- or
- B. getting power and dominating other people?

page 23: Carl von Ossietzky could have escaped to another country, and he could have signed a pledge to keep quiet and be let out of the concentration camp that Hitler had put him in. But he was willing to bear being in a concentration camp in order to stay true to his view that Hitler's killing was evil. He demonstrated the skills of

- A. fortitude and nonviolence,
- or
- B. joyousness and friendship-building?

page 24: One of the ways that Hitler responded when Carl von Ossietzky was awarded the Nobel Peace Prize was to try to get back at the Nobel committee by saying that no German could accept any Nobel Prize. Of the following two ways of influencing people, which way did he favor?

- A. reward, otherwise known as positive reinforcement,
- or
- B. punishment?

page 25: We learned earlier that 50,000 Germans signed a petition asking for Carl von Ossietzky's freedom. We learn that Carl von Ossietzky, himself a German, died while still imprisoned. Despite the fact that the war Hitler started caused many millions of unnecessary deaths, we should conclude that

- A. All Germans at that time were bad.
- or
- B. Some Germans at that time showed amazing fortitude and courage, for the cause of nonviolence.

Page 27. Some scientists hoped that the destructive power of the atomic bomb was so great that it would end war, because people would be afraid to use it. If they thought, "Hooray, we did something good by inventing this; we've ended war," they would be thinking what type of thought?

- A. Blaming someone else,
- or
- B. Celebrating their own choice?

Page 28: People have tried to make up and agree on "rules of war." The most central of these is that fighters should avoid harming people other than the soldiers for the other side. People who are not fighting are called civilians, and they should not be harmed, according to international rules. Do you think that when the U.S. dropped nuclear weapons upon the cities of Hiroshima and Nagasaki, Japan, resulting in around 200,000 deaths, the United States

A. followed that “rule of war,”

or

B. broke that “rule of war?”

Page 29: The first people to really understand how dangerous the consequences of nuclear weapons could be were the scientists who had invented them. If they thought to themselves, “We have created something very harmful to the human race,” they would be thinking an honest thought that was

A. getting down on themselves,

or

B. not blaming someone else?

Page 30: The United States went on to develop an even more destructive type of bomb called the hydrogen bomb. The Soviet Union, which was viewed as the United States's main enemy at the time, developed its own hydrogen bomb soon after. This seems to illustrate which of the following:

A. When you get the power to hurt and kill others, they fall in line and do whatever you want.

or

B. When you get the power to hurt and kill others, you make them want to get the power to hurt and kill you?

Page 31: Linus Pauling tried to educate people about the health dangers of the radioactivity that lingered and spread around after a nuclear bomb blast. But a committee of the U.S. Senate was suspicious that he was doing so because he was working for the Soviet Union. If he had thought to himself, “Oh no, it's terrible that they don't like me, that means I'm a

failure and I should just give up,” those thoughts would have been

- A. Awfulizing and getting down on himself,
- or
- B. Celebrating luck?

Page 32: Pauling had started talking about the dangers of nuclear fallout for at least four years, while countries exploded more and more nuclear bombs in tests. Rather than giving up, he continued writing and giving lectures, working hard to convince people even in the face of apparent failure. He used

- A. productivity and fortitude,
- or
- B. positive fantasy rehearsal and loyalty?

Page 33: In July of 1963, the U.S., the Soviet Union, and several other countries agreed that they would not test atomic bombs anywhere other than underground. Although this may not have done away with the possibility of war, it did reduce the chances of getting cancer from radiation. People who agreed to this were using the skill of

- A. self-care,
- or
- B. fortitude?

Page 34: We can speak of two ways of looking at the goals of life: one is being happy and making other people happy. The second is showing that you are dominant, that you are the winner and the other people are the losers, that you are superior to others. The people who tried to show that they were superior to African-American people were more interested in

- A. happiness of others as well as of oneself,
- or
- B. dominance?

Page 36: If the people in the black community who opposed the rules about where people had to sit on buses had tried to hurt the people who made those rules, that would have been a mistake in strategy. Instead, they boycotted the buses, or didn't give the buses their business. A boycott is a way of putting pressure on other people while still sticking to the principle of

- A. nonviolence,
- or
- B. friendship-building?

page 37: Both Rosa Parks and Martin Luther King got plenty of messages that told them: "You're breaking the rules! You should do what the authorities tell you to do!" But they disobeyed these. Knowing when it is good and right to disobey someone is part of the skill of

- A. compliance
- or
- B. joyousness?

page 38: If Martin Luther King and his comrades had not kept the bus boycott nonviolent, many people believe that the U.S. Supreme Court would not have been able to throw out the bus laws as they did. Keeping the boycott nonviolent was an example of

- A. conservation,
- or
- B. good decisions?

Page 39: When people celebrate Martin Luther King day, they often imagine him giving speeches in front of admiring crowds. But he went to jail more than 20 times, criticized by blacks and whites, called a notorious liar by the head of the FBI, and stabbed with a knife. His keeping going despite this painful experiences gives us a great example of

A. fortitude,

or

B. positive fantasy rehearsal?

Page 40: One of King's most famous lines spoke of a vision, a dream, of a society where people are judged not by the color of their skin but the content of their character. Imagining something you would like to have happen, and helping other people to have the same fantasy, is using the skill of

A. self-discipline,

or

B. positive fantasy rehearsal?

Page 42: Martin Luther King spoke against the Viet Nam War that the United States was fighting at the time. This was consistent with his message that protesters should not try to hurt other people, even when those other people tried to hurt them. These both showed his commitment to

A. nonviolence

or

B. productivity?

Page 43: It would be nice if we could say, “As a result of Martin Luther King's work, all discrimination and violence are now over!” But the author does not want to paint such a rosy picture of how things are. He believes that even small steps in the right direction should be celebrated. The ability to celebrate steps in the right direction is part of the skill of

A. joyousness,

or

B. conservation?

Page 45: Andrei Sakharov was a scientist largely responsible for developing the hydrogen bomb for the Soviet Union. But he had enough conscience to dedicate his remaining years to peace. Conscience is the ability to feel bad when you have harmed or endangered people, and it makes sense to think of it as contributing to the skill of

A. kindness,

or

B. productivity?

Page 46: The governments of some countries respond to people who disagree with the leaders' ideas by locking them up, either in a jail or in a hospital for people with mental disorders. This is a bad example of a certain skill. The good example would be where people could express their views openly about what should be done, talk about the pros and cons of options, and decide on the option that seems to make people happiest. This skill is that of

A. loyalty,

or

B. good joint decisions, also known as conflict-resolution

Page 47: Sakharov, a citizen of the Soviet Union, was against testing bombs because of the damage to the environment; his government opposed him. Meanwhile, Linus Pauling in the U.S. made the same argument, and people in government opposed him. Sakharov and Pauling strongly agreed with each other. This shows that when two countries consider themselves enemies,

A. All the people in one country disagree with all those in the other country.

or

B. Some of the people in one country may strongly agree with those in the “enemy” country.

Page 48: Sakharov was quite and almost timid by nature, but he began to speak out forcefully, knowing that what he said would bring about great disagreement from authorities. To do this was a great example of

A. courage,

or

B. friendship-building?

Page 49: The more Sakharov argued against the use of violence by governments, the more his own government turned against him. This is by now a familiar story for nonviolence heroes. It appears that strong advocates of nonviolence

A. tend to be weak and wimpy,

or

B. require, and demonstrate, great courage and fortitude?

Page 50: Sakharov started a group called the Committee for Human Rights, working for freedom of the press, prison reform, and the end of

the death penalty, but the government put the members in prison. Sakharov was warned not to have contact with foreign journalists. The first thing he did after that was to call a news conference with journalists. In this example,

A. a good example of the skill of compliance is obeying your government,

or

B. a good example of the skill of compliance is refusing to obey your government?

Page 51: After Sakharov had been kept in prison-like circumstances for 6 years, he was allowed to go back to Moscow. Suppose he thought to himself: “I could keep quiet about peace and freedom. I could continue to speak out. I could flee to a different country. I think I’ll stay here and continue to speak out.” This type of thought is called

A. not getting down on himself,

or

B. listing options and choosing?

Page 53: Hundreds of “action and adventure” movies involve people in speeding cars, with other people shooting at them. Do you think that the author intends for the story on this page to leave you

A. Pleasantly entertained and amused by the “action.”

or

B. Saddened and disgusted by the effects real-life violence can have.

Page 54: When people get into thinking “Hooray for our side, it’s good! Boo for their side, they’re bad,” that is called tribalism. The Protestants and Catholics in Northern Ireland got into tribalism in a big way. When

people are into tribalism, do you think they are more interested in

A. being happy and helping others to be happy,

or

B. being dominant, being the winner, defeating the enemy?

Page 55: Mairead Corrigan and Betty Williams both had reason to be traumatized by the incident taking the lives of Anne McGuire's children: the first because she was the children's aunt, and the second because she saw the accident. Both of them seemed to go quickly from thinking, "This is horrible; how can I stand this," to "I have a goal, to prevent things like this from happening in the future." If so, they went from

A. awfulizing to goal-setting,

or

B. celebrating luck to not getting down on themselves?

Page 56: Many people on both sides, when they saw people working for peace, would think "Those are bad people for giving in to our enemies!" They couldn't think, "Hooray that they are trying to put an end to violence!" In other words, they thought

A. blaming someone else, instead of celebrating someone else's choice,

or

B. celebrating luck instead of awfulizing?

Page 57: The peace marchers got attacked with fists, rocks, and sticks. In every story in this book so far, people who have called for peace and nonviolence have found

A. steady approval and admiration for their values.

or

B. fierce opposition from people who had the tribalistic point of view.

Page 58: On the marches, Mairead Corrigan and Betty Williams tried to have a mixture of Protestants and Catholics. They did this to try to make it clear that the cause of peace was not just the cause for one tribe, but for both. This turned out to be a good strategy. It's an example of the skill of

A. good decisions,

or

B. honesty?

Page 59: A look at the Internet shows that even though Catholics and Protestants get along much better in Northern Ireland now than they did when Mairead Corrigan and Betty Williams won the Nobel Peace Prize in 1976, there is still conflict between the two tribes. This is true even though they are two branches of Christianity, whose founder famously said, "Blessed are the peacemakers." The statement, "Blessed are the peacemakers" is in favor of the principle of

A. loyalty,

or

B. nonviolence?

Page 61. Suppose Lech Walesa had thought, "Now that I've missed the train, what can I do? I can wait for the next train. I can hitchhike. I can see if there's a bus. I can stay in this city and see what it's like. I think I'll give this city a try." He would have been using the thought pattern called

A. not getting down on himself,

or

B. listing options and choosing?

Page 62: Like many of the workers for nonviolence in this book, Lech Walesa saw an act of violence that made him want to work for nonviolence. Many people would respond to acts like this by saying, “Whoever did this is bad and should be punished in violent ways themselves.” If people thought in this way, they would be using

- A. blaming someone else,
- or
- B. celebrating someone else's choice?

Page 63: The book, *The Peace Seekers*, was published in 1987. According to Wikipedia, “In the aftermath of the Revolutions of 1989, most notably through the emergence of the Solidarity movement, Poland reestablished itself as a democratic republic.” Poland is no longer dominated by the Soviet Union, which in itself has ceased to exist. The economic conditions in Poland are much more favorable than when this book was written. For those who care about Poland, the events since *The Peace Seekers* was written are cause for the skill of

- A. fortitude,
- or
- B. joyousness?

Page 64: The “workers” of Polish society, the ones who did very important work but don't get paid much, began to stick up for their rights and demand better conditions for themselves. Sticking up for yourself and asserting your own rights is called the skill of assertion. It's one of the skills that is necessary for good

- A. conflict-resolution, or joint decision-making, or finding just solutions to problems,

or

B. honesty?

Page 65: The government that Lech Walesa found himself working to change was backed by the very powerful Soviet Union. To work against the rules of such a government rather than simply obey them is an example of how a certain skill of obedience can sometimes be best served by a decision not to obey. That skill is

A. compliance,

or

B. honesty?

Page 66: Lech Walesa cried, jumped up and down, and led a singing of the national anthem when the news came that freedoms and better working conditions for workers had been won. This was an example of the skill of

A. positive fantasy rehearsal,

or

B. joyousness?

Page 67: Lech Walesa was imprisoned for 11 months. At that time, it must have been easy to get discouraged. Yet after that he would get the Nobel Peace Prize and 7 years later, become elected president of Poland. His experience shows that when things get rough, it is good to have

A. patience, which is a type of fortitude,

or

B. conservation?

Page 69: At the time that the Peace Seekers was written, apartheid, or

laws favoring one race over another, was still the law in South Africa. This is no longer the case, partly because of the efforts of Desmond Tutu. The author suggests that an important event in Tutu's life was an act of a white priest toward Desmond's mother, which demonstrated the skill of

- A. kindness and respect,
- or
- B. positive fantasy rehearsal?

Page 70: Tribalism rests on the belief that “my group is better than your group.” In some cases tribalism appears harmless, as when one athletic team has a rivalry with another. In other cases tribalism is very harmful and destructive. What effects did the tribalism of most whites in South Africa have?

- A. harmless effects
- or
- B. very harmful effects?

Page 71: The same Anglican minister who had been respectful to Desmond Tutu's mother visited him daily in the hospital when Desmond Tutu was very sick. This is another example of minister Huddleston's

- A. productivity,
- or
- B. kindness?

Page 72: Desmond Tutu went to England and studied and was awarded a degree and a good job in return for his studying and work. He overcame the idea that he was inferior, not just by being in England, but also because of his

- A. loyalty,
- or
- B. productivity?

Page 73: The author says that Desmond Tutu, when preaching, “painted a picture of freedom.” This sounds like he envisioned what it would be like if people stopped being racist and used the skill of kindness. By creating a fantasy of a way that things could be better, he helped people use

- A. positive fantasy rehearsal,
- or
- B. self-care?

Page 74: The Nobel Prize committee awarded Desmond Tutu the Nobel Peace Prize in 1984, despite the fact that his own government did not allow him to vote and wished very strongly that he would keep quiet. Over and over again the Nobel Prize Committee has shown its willingness to give the prize to people who have been oppressed their own governments. They have, of course, not won the approval of governments by doing this. Thus by going against what would get approval, they show their skills of

- A. productivity,
- or
- B. courage?

Page 75: The Peace Seekers, copyright 1987, was written before Desmond Tutu's dreams were realized. But in the 1990's apartheid was ended in South Africa. Nelson Mandela, a black man who had been imprisoned for years by the apartheid government, was democratically

elected president of South Africa in 1994. Desmond Tutu is still alive in 2018. He spoke up for nonviolence in other ways, including opposing the U.S. invasion of Iraq. The follow up story with South Africa, as with Northern Ireland and Poland, give us reason to think that

A. nonviolence efforts never seem to work out,
or

B. sometimes the good guys actually meet their goals!

Questions on Great Illustrated Classics version of *Great Expectations*

By Charles Dickens, adapted by Mitsu Yamamoto
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Page 7: Pip's having both parents die, early in his childhood, was a great challenge to his developing skills of

A. compliance

or

B. fortitude?

page 8: There are 4 types of statements, that we can remember by the letters CCCT, that produce a "negative emotional climate," or bad feelings between people. When the man in the graveyard says "Stop your noise or I'll cut your throat," he is doing which two of them?

A. command and threat,

or

B. contradiction and criticism?

page 10: The man whom Pip has just met gives strong evidence that he is NOT committed to the skill of

A. productivity,

or

B. nonviolence?

page 12: When Joe protects Pip, we see the first example in this book of

A. kindness,

or

B. positive fantasy rehearsal?

page 14: Pip doesn't feel good about his plans to steal food from his sister's pantry, but he doesn't want the convict to get someone to follow through with the threat to cut his heart out. He's in an ethical dilemma, where the two skills that are in conflict with one another are

- A. honesty and self-care,
- or
- B. conservation and self-discipline?

page 16: If Pip were to think, "At least I haven't been killed or hurt yet, and maybe I won't be," this type of thought would be

- A. not awfulizing,
- or
- B. listing options and choosing?

page 19: Even though we know very little about the second convict, we get evidence that he is not succeeding in "two big goals." Those goals are

- A. getting freedom and surviving,
- or
- B. making yourself happy and making other people happy?

page 20: If Pip were to think, "Even though this man threatened me, he's been cold and without food, and I'm glad I helped him," this thought would be

- A. getting down on himself,
- or
- B. celebrating his own choice?

page 22: Pip was able to see that the second convict had a "frightened

face." Being able to figure out what someone else is feeling is a subskill of kindness, called

A. empathy,

or

B. positive fantasy rehearsal?

page 24: Pip's sister is cleaning up and preparing dinner. She is using her skills of

A. respectful talk,

or

B. productivity?

page 26: Pip's sister has made an unkind rule in not allowing Pip to speak at the dinner. But Pip obeys the rule anyway, figuring that this is the choice that will make things come out best for him. He is using skills of

A. compliance and good decisions,

or

B. friendship-building?

page 28: When Pip's sister notices that the pork pie is gone, he might have thought something like, "Oh no, this is terrible, I'm going to get punished really badly!" This would be a thought called

A. awfulizing,

or

B. goal-setting?

page 31: When the soldier spoke, Pip might have thought, "Thank goodness! They are not after me for stealing! What I feared isn't happening! And they even distracted my sister from the missing pork pie!" He would have been

A. learning from the experience,
or
B. celebrating luck?

page 32: Uncle Pumblechook invites the sergeant to the party and socializes with him. He uses skills of

A. self-discipline,
or
B. friendship-building?

page 34: When Pip can't keep up, Joe puts him on his shoulders and hurries along. He gives a model of the skill of

A. kindness,
or
B. honesty?

page 36: Stages of decision-making include understanding the Situation, deciding on Objectives, getting Information, Listing options, Advantages and Disadvantages, Deciding, Doing, and Learning from Experience. Pip's convict says that he could have run away, but the disadvantage of doing that would be that the other convict, who had gotten him in trouble, would also go free. He's using the part of decision-making called

A. advantages and disadvantages, otherwise known as pros and cons
or
B. information-seeking?

page 38: Pip's convict takes responsibility for the missing food and drink, because he doesn't want Pip to get in trouble. Despite his desperate threats, he shows that he is capable of

A. conservation and positive fantasy rehearsal,

or

B. loyalty and kindness?

page 41: Pip's sister has a very bad temper. She probably very frequently has thoughts like, "You did something bad! You shouldn't have done that!" These are called

A. not awfulizing,

or

B. blaming someone else?

page 42: Miss Havisham doesn't leave her house, and has her house barricaded for fear of robbers. It sounds as if she could benefit from working on skills of

A. courage,

or

B. nonviolence?

page 44: When Pip's sister says, "It could be the making of us all!" she is, in her selfish way,

A. listing options and choosing,

or

B. celebrating luck?

page 46: Our first encounter with Estella shows that she needs some work on the skill of

A. respectful talk,

or

B. productivity?

page 48: Estella walks away without saying anything like "Good-bye,"

or "Have a good visit," or "I'll see you later." These are behaviors that are part of friendship-building, called

A. reflections,

or

B. parting rituals?

page 50: Pip says he isn't afraid of the woman, because he doesn't want to offend her, but he really is afraid. The ethical dilemma he faced was

A. respectful talk versus honesty,

or

B. self-discipline versus positive fantasy rehearsal?

page 52: If Pip on the way over had rehearsed pretending that a finger on his left hand was one person, and a finger on the other hand was another person, and had planned out in his imagination a funny conversation that they could have had with each other, as a way of responding to the command to play, he would have been using the skill of

A. honesty,

or

B. positive fantasy rehearsal?

page 54: Pip gets insulted by Estella, but he does not insult her back. He probably reasons that this would accomplish nothing. He is using skills of

A. fortitude and good decisions,

or

B. loyalty and conservation?

page 56: After meeting with Estella, Pip thinks that he is ignorant and low-class. His thoughts are called

A. listing options and choosing,

or

B. getting down on himself?

page 59: Miss Havisham stopped the clocks at 20 minutes to 9, probably because she wanted to deny to herself that time kept going after that, because of some unhappy event. If she had been able to face the truth and figure out ways to make herself happy despite what happened to her, she would have been using the skills of

A. fortitude and good decisions,

or

B. loyalty and conservation?

page 60: It looks as though Miss Havisham had planned to get married and the marriage plan had fallen through at the last moment, and she couldn't get over this event. If she hadn't had so much money, she might have had to go to work to support herself, and that might have taken her mind off her having been rejected and brought her into contact with more people. She would have benefited from using skills of

A. productivity,

or

B. compliance?

page 62: Suppose the man had said to Pip, "Hi!" and then told Pip his name, and said, "What's your name?" and then said, "Nice to meet you, Pip." He would have been using behaviors of friendship-building, namely

- A. introductions and greeting rituals,
or
- B. making an invitation and using a reflection?

page 64: What feelings does Pip have about how he is treated by Miss Havisham and Estella?

- A. shame and humiliation,
or
- B. pride and positive excitement?

page 66: If Pip had been able to think, "Joe is not rich and educated, but he is a kind and decent person, and it's great that I can work with him," this thought would have been

- A. celebrating luck and celebrating someone else's choice,
or
- B. not getting down on himself and listing options and choosing?

page 69: Suppose Pip had been able to think, "Estella would disapprove of my blacksmithing work, but she is not wise enough to know what's admirable and what isn't. I celebrate the useful work I'm doing with Joe!" He would have been

- A. awfulizing,
or
- B. celebrating his own choice?

page 70: When Pip tells Miss Havisham that he is grateful to her for urging him to do the apprenticeship with Joe, he is

- A. getting down on himself,

or

B. celebrating someone else's choice?

page 72: Miss Havisham takes pleasure in the idea that Pip might be heartbroken about losing Estella. Feeling good about someone else's happiness rather than feeling good about someone else's pain is a big contributor to the skill of

A. positive fantasy rehearsal,

or

B. kindness?

page 74: Suppose Pip had thought, "Oh, no! If violent people can get in and do things like this, I'll never be safe!" That thought would have been

A. goal-setting,

or

B. awfulizing?

page 76: Biddy teaches Pip reading and writing, (and as we'll learn on the next page) cooks for them, cleans up, takes care of Pip's sister, and is a sympathetic listener. These are all ways of carrying out the skill of

A. self-care,

or

B. kindness?

page 78: Pip is ashamed of the snobbery that he has learned from Estella, but he can't let go of that snobbery. He wants to become more of an upper class person. His thought include both

A. goal-setting and getting down on himself,

or

B. not blaming someone else and learning from the experience?

page 81: Suppose that after Jaggers says, "I am a lawyer in London, sent to you by one of my clients," Pip or Joe had replied, "Which client is that, please?" That would have been a

A. facilitation,

or

B. follow-up question?

page 82: When Pip thinks, "Miss Havisham was going to make my wild fancy a reality," he is making a "causal inference." He's inferring that Miss Havisham caused this offer to be made. Causal inferences are very important for a certain psychological skill, because they tell us what to do to cause certain results to take place or to avoid their taking place. The psychological skill we are referring to is

A. good decisions,

or

B. nonviolence?

page 84: Pip is given some rules to follow. Mr. Jaggers is demanding that Pip use his skill of

A. friendship-building,

or

B. compliance?

page 86: The 10 influence methods include: Objective-formation, hierarchy, relationship, attribution, modeling, practice, reinforcement, instruction, stimulus control, and monitoring. Mr. Jaggers thinks that Pip

may pick up some desirable habits and manners from being with Herbert Pocket. He is probably thinking that Pip's learning will take place through one of the 10 methods of influence, namely

- A. modeling,
- or
- B. attribution?

page 88: When Biddy says, "So one dream is coming true, Pip," this is closest to a

- A. reflection,
- or
- B. facilitation?

page 90: Pip finds that the tailor, who treats him disrespectfully at first, treats him with great courtesy once he realizes that Pip has money. Pip has noticed that money is very powerful because it can act as one of the 10 influence methods, namely

- A. reinforcement,
- or
- B. instruction?

page 92: When Pip thinks, "I had forgotten my dearest friend Joe," he illustrates that not every use of "negative" thought is undesirable. The thought he is using, appropriately, is

- A. blaming someone else,
- or
- B. getting down on himself?

page 95: Mr. Jaggers wants to keep track of Pip's spending. He hardly knows Pip, and he's not ready to let him spend as much as he wants on anything he wants. He's using a subskill of friendship-building, which is

- A. deciding how much to trust another person,
- or
- B. using humor in conversation?

page 96: If, just before Mr. Wemmick left, Pip said, "Thank you, Mr. Wemmick. I will see you later," that would be called a

- A. reflection,
- or
- B. parting ritual?

page 98: One of the things Pip likes about Herbert is that Herbert doesn't try to hide the fact that he has little money. In addition to Herbert's kindness, Pip appreciates Herbert's

- A. honesty,
- or
- B. nonviolence?

page 100: T Paarisec is a mnemonic for ways of responding to criticism: thank you, planing to ponder or problem-solve, agreeing with part of criticism, asking for more specific criticism, reflection, I want or I feel statement, silent eye contact, explaining the reason, or criticizing the critic. The way that Pip responds to Herbert's constructive criticism is

- A. criticizing the critic,
- or
- B. thank you?

page 102: The skill of handling rejection by other people is one that Miss Havisham needed, but didn't have. If she had been better at it, and at one other skill, she might have gone out and met somebody much better than the person who rejected her. She would have used both

A. fortitude and friendship-building

or

B. conservation and loyalty?

page 105: If Bentley Drummle has a habit of thinking, "That person is not good enough," he thinks a certain thought, _____, that interferes with a certain skill, _____. The thought and the skill are

A. celebrating luck and productivity,

or

B. blaming someone else and friendship-building?

page 106: If, instead of surprising Herbert, Pip had sat down with him and said, "Could I talk with you about a choice point? Our surroundings here in our apartment could be made to look better, and I have available some money to get new things for our living space." This would have started off a Dr. L.W. Aap joint decision-making conversation, by doing which step?

A. defining the problem or issue,

or

B. advantages and disadvantages?

page 108: Pip seems to think it's very important that Joe doesn't have fine taste in carpets and doesn't act like a rich person. Pip seems to think that he himself is a very different person. Which goals does he seem to

be more focused on?

A. kindness to self, and kindness to others,

or

B. being higher in social class and acting like a wealthy person?

page 110: Joe seems very uncomfortable while visiting Pip. Instead of thinking, "I feel good about protecting Pip from his sister's anger, all those times when he was young, and being the only kind person in his life," Joe seems to be thinking, "I'm not good enough to act correctly among upper class people." Instead of one thought, he's thinking a second. The two thoughts are

A. celebrating his own choices, and getting down on himself,

or

B. learning from the experience, and celebrating luck?

page 112: Pip thinks that he didn't act relaxed enough with Joe. But it probably would have helped more if he had thought, and spoken aloud, something like, "Joe, how can I ever thank you enough for being kind to me so many times, in so many ways!" Instead of the first thought, the second probably would have worked better. The two thoughts we are referring to are

A. getting down on himself, and celebrating someone else's choice,

or

B. not awfulizing, and blaming someone else?

page 114: If instead of getting down on himself and feeling shame over Joe's visit, Pip might have usefully thought, "My goal is to try to make Joe happy, in return for the kindness that he showed me." This would have been using a certain thought and a certain skill. The thought and the

skill are

- A. not blaming someone else and productivity,
- or
- B. goal-setting and loyalty?

page 117: Pip has not seen or spoken with Estella since they were both children, and now they are grown up. In deciding that he is in love with her, Pip is probably neglecting one of the subskills of friendship-building. It is

- A. discernment and trusting: deciding what someone can be trusted for, whom to trust for what, not distorting your judgments of people by wish-fulfillment fantasies
- or
- B. conscience: feeling appropriate guilt, avoiding harming others?

page 118: Herbert gets a somber look on his face because he's about to tell Pip something that he thinks Pip will not like hearing. Telling people what you think is the truth, even though it may not please them to hear it, is a big part of the skill of

- A. nonviolence,
- or
- B. honesty?

page 120: Herbert knows that Miss Havisham is very deficient in a certain skill, and he also knows that Miss Havisham has greatly handicapped Estella in her development of the same skill. That skill is

- A. friendship-building,
- or

B. compliance?

page 122: Pip uses some of his money to help Herbert get a good job, and keeps it secret from Herbert that he has done so. He is imitating the action of his own secret helper. Both Pip and Pip's secret helper are using their money to carry out the skill of

A. self-discipline,

or

B. kindness?

page 124: When Pip repeats the old saying that love is blind, he means that the emotions involved in feeling very attracted to someone often get in the way of which skill?

A. good decisions,

or

B. compliance?

page 126: Miss Havisham has trained Estella to attract men, and then reject them. This is Miss Havisham's way of getting revenge on men, because a man rejected her. In training Estella in this way, Miss Havisham has stunted Estella's development of which skills?

A. kindness, friendship-building, and loyalty

or

B. nonviolence, positive fantasy rehearsal, and self-care?

page 128: Estella has become aware of her own skill deficiencies and is able to state them clearly. She demonstrates some strength in a subskill of honesty, which is

A. awareness of your own abilities: being able to assess your own strengths and weaknesses,

or

B. relaxation: calming yourself, letting the mind drift and the body be at ease?

page 131: Pip has been spending lots of money on wine, jewels, and clothes. And he wants to live in an even more expensive way. He could use some development in the skill of

A. respectful talk,

or

B. conservation?

page 132: It sounds like Pip doesn't have a job, but just lives on his income from the benefactor. He has forgotten that he once wanted to be a blacksmith. The fact that he has gotten money for doing nothing has interfered with his development of

A. productivity,

or

B. honesty?

page 134: What emotion does it sound like Pip has, upon first encountering this stranger?

A. friendliness and joy,

or

B. suspicion?

page 136: The convict whom Pip helped long ago communicates that he

felt what emotion toward Pip over many years?

- A. surprise,
- or
- B. gratitude?

page 138: The stranger and ex-convict has been making his living by sheep farming. Unlike Pip, his money has come through his exercise of

- A. positive fantasy rehearsal,
- or
- B. productivity?

page 140: The ex-convict worked and sacrificed to support Pip. However, despite his good intentions, he may have done some harm to Pip by taking away the connection between Pip's own work and the rewards he would get from working. What he took away is called

- A. the effort-payoff connection,
- or
- B. fantasy-tolerance?

page 142: The ex-convict has had a goal of making Pip a "gentleman." Being a gentleman seems to mean acting like a wealthy person. The ex-convict, along with Pip and Estella and many other people, seem to value a certain goal over a certain other pair of goals. The relative value of these goals is one of the major points of this book. The goal that the author thinks people value too much is

- A. being high in social status and social class,
- or
- B. creating happiness for oneself and others?

page 144: Rather than feeling gratitude and tenderness toward the person who sacrificed for him for years, Pip feels bad about his own prospects for marrying Estella. When he says he felt sick at heart for not being able to feel tenderness toward his benefactor, he is

- A. getting down on himself,
- or
- B. goal-setting?

page 147: Pip lies to his landlady. But if he had told the truth, he would have put Magwitch in great danger. He had an ethical dilemma of

- A. positive fantasy rehearsal versus conservation,
- or
- B. honesty versus kindness?

page 148: If Magwitch were a very wise person, which do you think he would rather see Pip do?

- A. spend money like a gentleman,
- or
- B. have a useful and fulfilling career and have good relationships with people?

page 150: The image of Magwitch, wearing the clothes that Pip has bought, falling asleep in the armchair, arouses in many readers a feeling toward him that Pip doesn't have. That emotion is

- A. compassion,
- or
- B. fun?

page 152: Herbert points out that Pip's refusal of any further help from Magwitch would have a terrible effect on Magwitch, by taking away his sense of meaning and purpose. Of the different parts of the decision making process, Herbert is trying to help Pip by talking about

- A. advantages and disadvantages,
- or
- B. listing options?

page 154: Herbert talks about a different plan for Pip to follow. Now he is contributing to the part of decision-making that is called

- A. learning from the experience,
- or
- B. listing options?

page 157: Estella smiles as she says that she doesn't plan to make her husband happy. She gives evidence that Miss Havisham's training her to take revenge upon men

- A. worked,
- or
- B. didn't work?

page 158: Mr. Wemmick starts to explain to Pip a set of circumstances that they have to make a decision about. Of the SOIL ADDLE steps in decision making, Mr. Wemmick is doing the one called

- A. Situation. Being aware of the facts about the situation you are in, the choice point you need to decide about.
- or

B. Doing what is decided. After the decision is made, carrying out the plan you have made.

page 160: When Pip says, "He must not be captured!" this is an example of the thought called

- A. getting down on himself,
- or
- B. goal-setting?

page 162: Pip is trying to create, in his imagination, a plan for smuggling Magwitch out of danger. He is using the skill of

- A. respectful talk,
- or
- B. positive fantasy rehearsal?

page 164: Herbert tells a positive consequence of the plan of their rowing on the river for several days: people will get used to seeing them and won't think there is anything unusual when they row Magwitch to safety. Talking about this positive consequence is the part of the decision process called

- A. advantages and disadvantages,
- or
- B. objective-formation?

page 166: Pip decides to ask Miss Havisham for financial help, to pay off the contract that he used to help Herbert. He's using a subskill of courage, which is

- A. being able to ask for help appropriately,

or

B. obeying, submitting to legitimate authority?

page 168: Molly reminds Pip very strongly of Estella. One thing they have in common is their tendency toward the thought pattern of

A. celebrating someone else's choice,

or

B. blaming someone else?

page 171: Pip realizes that Molly is Estella's mother. Given everything that has happened so far, do you think this will make Pip stop feeling in love with Estella?

A. Yes,

or

B. no?

page 172: Miss Havisham remembers something Herbert's father tried to do for her many years ago, and she wants to be kind to Herbert for that reason. She is using her skill of

A. loyalty,

or

B. nonviolence?

page 174: When Miss Havisham is saying, "What have I done?" she is realizing that she made a big mistake in training Estella to be rejecting and unloving. Her thought is

A. getting down on herself,

or

B. listing options and choosing?

page 176: To influence Estella, Miss Havisham used praise and jewels and also spoken warnings. The two influence methods she refers to are

A. reinforcement and instruction,

or

B. hierarchy and attribution?

page 178: We don't know if Miss Havisham purposely caught herself on fire, or if she had an accident. But we do know that the bad thing that happened to her also caused something bad to happen to someone else -- Pip got burned badly. This illustrates the point that

A. the goals of making yourself happy and making other people happy are closely related; when one person becomes very unhappy, they often make other people unhappy;

or

B. saving money is an important habit to get into?

page 181: Herbert attends to errands in order to help the injured Pip. Taking care of things when someone is sick or injured is an example of

A. kindness,

or

B. courage?

page 182: They realize that they have to smuggle Magwitch away, but Pip can't row. They are in the stage of decision-making called

A. situation: being aware of what situation you are in, understanding your choice point,

or

B. doing what you have already decided?

page 184: Magwitch reveals that he had a daughter. Given the way Charles Dickens constructs his stories, filled with coincidences, do you think the daughter will turn out to be

A. a character in the story whom we are already familiar with,

or

B. some random person we have no connection with?

page 186: Magwitch disappeared so as to avoid having to testify against his wife, even though he believed that she killed his daughter as well as the other woman. Part of a certain skill is deciding whom you want to stick up for and whom you shouldn't stick up for. Both options are part of the skill of

A. conservation,

or

B. loyalty?

page 188: Magwitch's story affects Pip because he realizes that Magwitch is Estella's father. How does he appear to feel about this realization?

A. overwhelmed, and not in a pleasant way,

or

B. overjoyed, because now he can let his benefactor know that his daughter wasn't really killed?

page 190: Magwitch's story describes how even the judges in courts let people off if they looked and spoke like an upper class person and mistrusted them if they looked lower class. The judges should have been

better at which skill?

A. Discernment and trusting. Deciding whom to trust and whom not to trust.

or

B. Gleefulness. Playing, being spontaneous, being childlike.

page 192: We learn that Compeyson was the one who hurt Miss Havisham so badly, that he was also the one who got Magwitch in trouble, and that he committed many crimes. If someone thought, "He's a bad person, he should be locked up," they would be

A. getting down on themselves, inappropriately,

or

B. blaming someone else, appropriately?

page 195: They go over the plan for freeing Magwitch, and practice in their imaginations what they are going to do. They are using the skill of

A. respectful talk,

or

B. positive fantasy rehearsal?

page 196: Pip has changed. He is no longer thinking selfishly, but is concerned with helping Magwitch to be safe. He is using the skill of

A. loyalty,

or

B. conservation?

page 198: When Magwitch gets picked up by Pip and his friends, which of the 12 thoughts does he use?

- A. not getting down on himself,
or
- B. celebrating someone else's choice?

page 200: Pip sees two men looking at their boat. Suppose he had thought, "Uh oh. I don't like this. Maybe those men are onto us. We need to think about revising our plan, to keep Magwitch from getting caught." He would have been appropriately using

- A. awfulizing and goal-setting,
or
- B. celebrating luck and celebrating his own choice?

page 202: They get an order to hand Magwitch over. If the order comes from the law, they have an ethical dilemma because of the conflict of which two skills?

- A. compliance versus loyalty,
or
- B. positive fantasy rehearsal versus respectful talk?

page 204: Pip experienced failure. Handling failure requires the skill of

- A. conservation,
or
- B. fortitude?

page 207: Suppose Pip had thought, "If I had this to do over again, I would go over land, back to Magwitch's farm in Wales, rather than rowing where we were easily seen and getting in the way of a dangerous big ship." He would have been using what kind of thought?

- A. celebrating luck,
- or
- B. learning from the experience?

page 208: Magwitch is thinking about Pip's well-being, and urges Pip not to display any connection with a "lower-class" person such as himself. Such unselfish thoughts are part of Magwitch's skill of

- A. kindness,
- or
- B. self-care?

page 210: When Pip says, "I will be as true to you as you have been to me," he demonstrates the skill of

- A. loyalty,
- or
- B. productivity?

page 212: Pip writes many appeals and spends lots of time personally visiting Magwitch. He is now demonstrating his skill of loyalty by also using the skill of

- A. conservation,
- or
- B. productivity?

page 214: Magwitch is probably in pain, but when Pip asks him about pain, he just says, "I don't complain, dear boy." He is demonstrating his skill of

- A. fortitude,
- or
- B. compliance?

page 216: What emotion does Magwitch appear to have, after hearing that his daughter is alive and that Pip is in love with her?

- A. Anger that he wasn't told earlier so that he could see her.
- or
- B. Happiness both to know she is alive and that she is connected with his "dear boy."

page 219: Pip finds that he is in horrible financial shape. He is suffering the consequences of his earlier habits when he was very bad at the skill of

- A. honesty,
- or
- B. conservation?

page 220: When Pip says, "I would come with you if I could," he is expressing his willingness to use the skill of

- A. self-care,
- or
- B. compliance?

page 222: When Pip says, "You should be angry at me," and "I betrayed our friendship," he is thinking what kind of thought?

- A. getting down on himself,
- or

B. celebrating luck?

page 224: Why do you think Joe doesn't want to hear about Pip's "great expectations" that he once had for himself before he realized that loyalty and kindness were more important than appearing to be upper class?

A. Because Joe is hungry and wants to make supper.

or

B. Because Joe realizes that Pip feels bad about how snobbish he was in the past, and Joe doesn't want Pip to apologize and get down on himself more.

page 226: The reader may have been thinking that Biddy was a great person for someone to marry. The qualities that would make her a great marriage partner were

A. empathy, kindness, and intelligence.

or

B. great fashion sense, speaking in an upper class way, and having lots of money?

page 228: Pip uses a subskill of fortitude when he finds that Biddy has just married Joe. It's easier for him to do this because of his love for Joe and loyalty to him. The skill is

A. non-jealousy: handling it when someone else gets what you want

or

B. assertion: dominance, sticking up for yourself

page 230: Pip, for the first time in his adult life, gets a job, does well in it, and "lived within his means," meaning that he didn't spend money on unnecessary things. He has finally mastered the skills of

- A. productivity and conservation,
or
- B. nonviolence and compliance?

page 233: When the little boy who is also named Pip first sees his uncle whom he has never met before, he appears to feel

- A. shy,
or
- B. enthusiastic?

page 234: Pip and young Pip spent lots of time together, using their skills of

- A. productivity,
or
- B. friendship-building?

page 236: Pip and Estella happen to come to the same place at the same time, even though neither of them comes there often. Also, Estella's experiences appear to have made her a much nicer person than she was before. Pip has great reason to use which thought?

- A. celebrating luck,
or
- B. getting down on himself?

page 238: The book doesn't end with the words "And they got married and lived happily ever after," but this seems to be the ending that is suggested, isn't it? When the author says they walked away together, "leaving the shadow of Miss Havisham behind," what do you think the

author is trying to say?

A. that there were shadows on the ground and they walked away from them because they were creepy.

or

B. that they are leaving behind the bad effects that Miss Havisham had on Estella's personality, that affected both of them in the past, but that Estella appears to have overcome?

Questions on *The One and Only Ivan*

By Katherine Applegate

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page 3: The gorilla in this work of fiction has learned to understand human speech, by patiently working to do so over a long time. Working at something for a long time involves the skill of

A. productivity

or

B. kindness?

page 4: When humans see Ivan looking so powerful, they think about the use of power for fighting, when all he's thinking of is “how the late day sun reminds [him] of a ripe nectarine.” It sounds from this as though Ivan is more disposed to a certain skill than certain humans are: the skill of

A. honesty,

or

B. nonviolence?

page 7: Ivan's dearest friends are Bob the dog and Stella the elephant. If Ivan has a chance to stick up for one of his dear friends and help them out, or keep a promise to them, that will be the skill of

A. joyousness,

or

B. loyalty?

page 8: It's looking like Ivan is kept in a cage at a shopping mall, and

Mack uses him to try to make money. But in these circumstances, Ivan thinks, “I’m lucky my domain has three windowed walls.” This is one of the 12 types of thoughts: which one?

- A. blaming someone else,
- or
- B. celebrating luck?

page 10: Ivan remembers when he lived with other gorillas. But now he has no one to protect, while spending time in his cage. What emotions do you think the author intends for you to imagine as being more likely than anger for him?

- A. boredom and sadness,
- or
- B. surprise and fear?

page 12: The people who come to see the animals are entertained. But if they had more of a certain skill, which is one of the ones that contributes to kindness, they could see how mistreated the animals are, and how cruel it is to use them for entertainment in this way. This skill is

- A. empathy, or recognizing how another is feeling.
- or
- B. compliance, or obeying when it is good and right to obey?

page 13: Ivan describes the people as buying “what they need to survive” at the mall, but it sounds like what they are buying is mostly wasteful stuff that they do not really need at all. Not wasting your money on unnecessary junk is the skill of

- A. courage,

or

B. conservation?

page 15. It sounds like both Ivan and the weary man who cleans the mall up don't feel that they have goals, that they are trying to accomplish something worthwhile. Having the drive to accomplish a goal is one of the subskills of productivity. It is called

A. relaxation,

or

B. purposefulness, or having a sense of purpose that drives your effort?

page 16. But drawing with a crayon, being an artist, does give Ivan something of a sense of purpose. For Julia to give him the crayon and paper was an act of

A. kindness,

or

B. compliance?

page 17. When humans can't recognize his drawings, that might be a disappointment for an artist. But Ivan thinks, "That's all right." Which of the 12 thoughts is this?

A. Not awfulizing,

or

B. Listing options and choosing?

page 18. Mack tries to make money off the animals in any way he can, and he sells Ivan's paintings and keeps the money for himself. Suppose someone thought, "Poor guy. He probably doesn't know any other way to make a living. It's too bad that he's so desperate. It's a shame that society

can't hire him to do something really useful.” Those thoughts would probably lead the person to feel what emotion?

- A. Anger,
- or
- B. compassion?

page 19. Ivan's mother didn't get mad at him for using her back to draw on with mud. She used a subskill of nonviolence, which is

- A. forgiveness and anger control,
- or
- B. enjoying aloneness?

page 20. When Ivan wishes someday to be able to draw like Julia does, and imagine things that don't exist, he thinks which one of the 12 thoughts?

- A. goal-setting,
- or
- B. learning from the experience?

page 21. How do you think the author feels toward the boy who cries because the gorilla must be lonely?

- A. admires him because of his empathy, for being able to imagine what it's like for the gorilla?
- or
- B. thinks badly of him because he isn't as joyous as some of the others?

page 22. Ivan wants to tell the boy, “It's not so bad.” Ivan is using which of the 12 thoughts?”

- A. blaming someone else,
- or
- B. not awfulizing?

page 23. Ivan stares at humans in a tiny box, the TV, and the humans stare at him in his tiny box, his cage. The author seems to feel that neither of them have the opportunity to really do something meaningful or worthwhile. They could benefit from having more opportunity for the subskill of productivity called

- A. purposefulness,
- or
- B. respectful talk?

page 24. When the person in the Western says, “This town ain't big enough for the both of us, Sheriff,” suppose the sheriff said something very unlikely: “So you're saying that there's a conflict between us that is so big that we can't live peacefully together in this town, huh?” What this imaginary sheriff said would be which of the four ways of listening?

- A. positive feedback,
- or
- B. a reflection?

page 25. Suppose Ivan were to think, “These cruel humans keep me away from all others of my kind! They are very bad to do that!” He would be using which type of thought?

- A. not awfulizing,
- or
- B. blaming someone else?

page 26. Ivan finds out that at least one other gorilla exists. In one of the steps of decision-making, you try to find out things that might help you in deciding. This step is called

- A. information-gathering,
- or
- B. advantages and disadvantages?

page 27. Ivan thinks about Stella something like, “I admire the fact that she has learned so much in her life.” Which of the 12 thoughts is this?

- A. getting down on himself,
- or
- B. celebrating someone else's choice?

page 29. When the man used the claw-stick on the elephant, he was trying to use punishment to get the elephant to do what he wanted. But the result illustrates a frequent problem with using punishment. What is that problem?

- A. That sometimes someone enjoys the excitement that the other person thinks is punishing.
- or
- B. That often the one who is punished wants to punish the other one back for doing something painful.

page 31. Stella, along with Ivan and the other animals, has to put up with very bad treatment and very bad living conditions. Dealing with hardship and situations you wish didn't happen takes the skill of

- A. fortitude,

or

B. kindness?

page 33. Ivan thinks that it's a problem that visitors are coming, and he thinks of a possible way to solve that problem, by eating more. Thinking of possible ways to solve a problem is the part of the decision-making process known as

A. doing what you have decided,

or

B. listing options?

page 35. We learn that Bob, like the other animals, has been treated with great cruelty by human beings. When you have been treated very cruelly, one of the subskills of friendship-building can be very difficult for you. That skill is

A. trusting,

or

B. organization?

page 36. Ivan doesn't move during the night, because he doesn't want to wake Bob. He wants Bob to sleep well, and he also enjoys the warmth of having Bob touching him. Which two skills is he using?

A. kindness, and pleasure from physical touch?

or

B. humor, and non-jealousy?

page 37. When Bob says that poodles are parasites, he means they just live off someone else and depend on someone else. He also means that they are bad in some way for doing that. Which of the 12 thoughts is part

of what he thinks?

A. Blaming someone else,

or

B. Celebrating someone else's choice?

page 39. Ivan seems to be drawing the 10 drawings that Mack wants him to draw. He seems to be doing what Mack asks of him. Because doing these gives a little bit of purpose to his own life too, he is probably making a good decision and using the skill of

A. respectful talk,

or

B. compliance?

page 41. When Ivan calls the bratty kids “slimy chimps,” he is using what kind of thought?

A. blaming someone else,

or

B. celebrating his own choice?

page 42. When Ivan thinks the thoughts on this page, he is using what kind of thought?

A. goal-setting,

or

B. getting down on himself?

page 43. The fact that Julia offers to help her father every night, and the fact that he wants her to be successful in school, suggest that both of them are using the skill of

- A. kindness,
- or
- B. positive fantasy rehearsal?

page 45. When Julia talks about her day with Ivan, and tells him about how people tease her, and whom she likes and doesn't like, she is using one of the subskills of friendship-building, which is

- A. listening,
- or
- B. telling about yourself, otherwise known as self-disclosure?

page 46. The fact that Bob vanishes into the shadows before a human can get close to him is more evidence of something we thought about earlier: when someone has been treated cruelly, they often have trouble with

- A. trusting,
- or
- B. assertion, which means sticking up for what you want?

page 47. Bob's gaze is wistful, meaning that he wants something that he doesn't have. What wish do you think Julia may be seeing in him?

- A. The wish to have a close and good relationship, other than with Ivan – for example with Julia.
- or
- B. The wish to have the kids at the mall look at him?

page 48. Bob lets Julia touch him. Given his fear of trusting, letter her touch him requires from Bob which skill?

- A. Courage,
- or
- B. conservation?

page 50. Mack does not take care of the animals well. But the fact that he asks about George's wife and gives George some extra money for Julia's crayons show that Mack is not all bad, and that he can at times use the skill of

- A. productivity,
- or
- B. kindness?

page 51. When Ivan says, "I think I may be a little tired of my domain," this is called understatement. Ivan suppresses any painful feelings that he might have. If he thought to himself, "I hate being locked up! I wasn't meant to be imprisoned like this! I have no freedom!", that thought would have been more obviously

- A. learning from the experience,
- or
- B. awfulizing?

page 52. Ivan is concerned about Stella's foot, and Stella is concerned about Ivan's happiness. Being concerned about the other person's needs and not just your own is something that is very useful for the skill of

- A. friendship-building,
- or
- B. fortitude?

page 53. Ivan seems to be thinking, about Karl, “I’m glad he decided to give me that coconut so long ago.” This is one of the 12 thoughts called

- A. not getting down on yourself,
- or
- B. celebrating someone else's choice?

page 54. When Ellen sings, “How Much Is That Monkey In The Window,” she is recalling a song from the mid 1900's called “How Much Is That Doggie In The Window,” about a puppy in a pet store window that someone sees and hopes he's for sale. Now more and more people think that it is cruel to keep animals in small spaces for sale in pet stores. This may be some evidence that the world is gaining in the skill of

- A. kindness,
- or
- B. positive fantasy rehearsal?

page 57. When Ivan says, “Hello, beetle,” he is doing a behavior that is an important part of friendship-building, called

- A. a greeting ritual,
- or
- B. muscle relaxation?

page 59. Julia works on the question of what Ivan's drawing is, and tries to decide what she thinks. She takes her time studying the drawing and studying the things in Ivan's cage. When she makes careful observations, she is doing the part of decision-making called

- A. information-gathering,

or

B. advantages and disadvantages?

page 62. When Stella hears the baby elephant crying for her mother, she may be thinking something like, “I feel sorry for the poor baby. I want to take care of her.” These thoughts would tend to lead to which emotion?

A. anger,

or

B. compassion?

page 63. Ivan wants to hear a story, but when he sees that Stella's foot is hurting, he offers to let her rest and wait until later. Thinking about her in this way is an example of

A. kindness,

or

B. selfishness?

page 64. When Stella says, “A good point, Ivan,” she is using one of the four ways of listening, called

A. positive feedback,

or

B. a reflection?

page 65. Jambo strokes the boy gently, and leads his troop away so that the humans can help the boy. The humans had worried that Jambo would hurt the boy. But Jambo appeared to be better than many humans at the skill of

A. nonviolence,

or

B. honesty?

page 66. The boy's parents may have thought, "I am so glad that the gorilla chose to be kind to our son rather than violent!" This is one of the 12 thoughts, known as

A. celebrating someone else's choice,

or

B. listing options and choosing?

page 67. When Stella says, "Just lucky, I guess," it sounds like her thoughts are "celebrating luck." But she is saying the opposite of what she probably really thinks, which is, "It is terribly bad luck that we wound up here rather than in a good zoo," which is an example of awfulizing. Stella doesn't give voice to her awfulizing thoughts, because she is trying hard to use which of the 16 skills in this bad situation?

A. fortitude,

or

B. conservation?

page 69. Ivan expects Stella to be glad to have the companionship of another elephant. But Stella is not glad, because she's not thinking of her own needs; she's thinking how sad it is that another elephant would be imprisoned at the mall. She is putting herself in the place of the other elephant, and thinking about that elephant's happiness. She is using a subskill of kindness called

A. empathy, or being aware of another's feelings.

or

B. relaxation.

page 70. Mack is angry at the baby elephant for not getting out of the truck. In an angry voice he says, “We haven't got all day.” His thought is something like, “My time is being wasted, and it's your fault.” This type of thought is called

- A. listing options and choosing,
- or
- B. blaming someone else?

page 71. When Stella cut her foot, someone, such as Mack, could have tried to make her feel better just by showing concern, which is called consoling her, and could have gotten someone to take care of her cut, which would be called healing. Consoling someone and healing someone are two ways of doing the skill of

- A. kindness,
- or
- B. joyousness?

page 72. Stella doesn't want the baby elephant to be in a cage at the mall, but she decides to help Mack get the baby out of the truck anyway. She probably does this because she knows that sooner or later the baby will be gotten out of the truck, and it will be better if the baby doesn't have to do it by being hurt or scared. Stella is using the skill of

- A. good decisions,
- or
- B. positive fantasy rehearsal?

page 73. Mack is thinking only about how much money he spent for the baby elephant and how much money he can make off her, and not

whether she will be happy or not. This is an example of

A. kindness,

or

B. selfishness?

page 75. Ivan likes to have Julia's attention, but Julia is for the time being paying attention only to Ruby. It's time for Ivan to use one of the subskills of fortitude which is

A. non-jealousy, the skill of handling it when someone else gets what you want.

or

B. self-disclosure, the skill of telling another person about yourself.

page 76. Julia can tell from looking at Ivan that Ivan is feeling hurt. She tries to make up for ignoring him by giving him the paper and pencil. Empathy, which is awareness of someone else's feelings, and giving are both parts of the skill of

A. courage,

or

B. kindness?

page 77. If Ivan thinks something like, "Oh, yay, we can see the moon through the skylight! This is something to feel good about!" then he is using which of the 12 thoughts?

A. not getting down on himself,

or

B. celebrating luck?

page 78. If Stella and Ivan thought, “Those trainers were cruel to Ruby. They shouldn't have done what they did,” they would have used the thought called blaming someone else. This illustrates that blaming someone else is a thought that

A. you should never think,
or

B. is sometimes appropriate to think, particularly when you don't overgeneralize it?

page 79. Ruby and Ivan say hello to each other and tell each other their names. This is a part of friendship-building skills called

A. greeting ritual and introducing oneself,
or

B. positive feedback and issuing an invitation?

page 80. Ivan feels like he has let Ruby down because there are no more elephants, even though this is not even close to being his fault. The thought, “I let her down,” would be an example of

A. getting down on himself,
or

B. celebrating someone else's choice?

page 81. Ivan isn't enjoying the conversation, and he could have said, “Let's talk about something else.” But he can see that Ruby wants to say something else, and he says, “I'm sorry to hear that, Ruby.” Consoling someone and listening when they want to talk are ways of using the skill of

A. self-care,

or

B. kindness?

page 82. Ivan has fun watching Stella look happy. He could have thought, “Why did Stella get another elephant to be with, when I didn't get another gorilla? It's no fair!” The fact that her looking happy makes him happy shows his skill of

A. non-jealousy, or handling it when someone else gets what you want,
or

B. listening, encouraging another to talk about her own experience?

page 84. George and Mack work hard to put up the new part of the advertisement on the billboard. They use their skill of

A. kindness,

or

B. productivity?

page 85. When Ivan explains that the picture is art, and Ruby asks, “Do you know how to make art?” she is using one of the four ways of listening, called

A. a follow-up question,

or

B. a facilitation?

page 87. Ivan wants not to be asked so many questions, but Ruby doesn't use enough empathy to pick up on this. Suppose Ivan were to have said, “Ruby, I'm tired of answering questions for now. How about we postpone them for later on.” This would have directly stated his feeling and his wish, and it would have been an example of a subskill of joint

decision-making, called

A. assertion, or directly stating what you want from people,

or

B. awareness of your own abilities, figuring out your own strengths and weaknesses?

page 88. Ivan doesn't get a treat from George, but Stella does. He could have thought, "This is unfair! If she gets a treat, I deserve one too!" Instead, Ivan thinks, "Stella's his favorite, but I don't mind. She's my favorite, too." This type of thought is an example of

A. not awfulizing,

or

B. blaming someone else?

page 89. Mack wants to save money by not spending it on unnecessary visits from a veterinarian. But he should also want to make sure that Stella is cared for well. Two principles are in conflict with each other; this is called an ethical dilemma. The two that are in conflict are

A. conservation (the wish to save money) versus kindness,

or

B. positive fantasy rehearsal versus joyousness?

page 90. When Ivan says, "The dawn sky is a smudge of gray flecked with pink, like a picture drawn with two crayons," he shows that he can use words really well. He has one of the subskills of decision-making, which is

A. handling criticism,

or

B. verbal fluency, using words to think about what is happening.

page 91. Ivan tries to entertain Ruby and to keep her company. These are two ways of carrying out which skill?

A. courage,

or

B. kindness?

page 92. Ruby fairly often feels a certain emotion, which is a wish to find out things. This emotion is called

A. compassion,

or

B. curiosity?

page 94. When Ruby has an awed voice after looking at Ivan's picture, and says, "Wow, it looks good enough to eat," she is using one of the ways to be kind, which is to

A. teach someone something,

or

B. compliment someone?

page 96. Ivan has a guess at the answer to the riddle, but he doesn't guess, because he doesn't want to ruin Ruby's fun in telling the answer. Trying to help the other person have fun is an example of

A. nonviolence,

or

B. kindness?

page 98. Stella says that it's very difficult to protect young ones from harm. She questions whether she would be able to do it, as she looks at the iron bars that imprison her. She is realizing that Ruby is in a situation that is harmful to her. She is using the first step in the decision-making process, which is

A. situation – recognizing what sort of situation you're in.

or

B. option-generating – listing options for what to do.

page 99. When Mack says, “Things are actually starting to pick up a bit. It's gotta be the billboard,” he is thinking which of the 12 thoughts?

A. getting down on himself,

or

B. celebrating his own choice?

page 100. Ivan thinks about changing the billboard to add a red hat and curly tail to his picture. This type of thought is

A. listing an option,

or

B. celebrating luck?

page 101. When Ivan says, “Good idea. What's it about?” he is using two of the four ways of listening. Which two are they?

A. positive feedback and a follow-up question.

or

B. a reflection and a facilitation.

page 102. When Ruby thinks, “I'm sure I'm going to die!” this is an

example of which of the 12 thoughts?

- A. goal-setting,
- or
- B. awfulizing?

page 103. When the people saved Ruby, they cheered. They are showing one of the 62 skills, which is

- A. feeling good about their own acts of kindness,
- or
- B. submission, giving in, admitting one was wrong.

page 105. It is called all-or-none thinking when people have to believe that either “people are all bad” or “people are all good.” The animals are wrapping their minds around the fact that someones people act very badly, and sometimes they act with great kindness. Is Ruby using all-or-none thinking when she realizes that some people are cruel, and others kind?

- A. yes,
- or
- B. no?

page 107. Ivan has reason to feel happy, that the people liked seeing Ruby. But he also has great reason to feel sad, that Stella was too sick to go out with her, and that Ruby will be used by Mack. Realizing when we have mixed feelings about the same event is part of the skill of

- A. Persistence and concentration on tasks.
- or
- B. Awareness of our own emotions.

page 108. Ivan probably thinks something like, “This situation is very bad. Stella is in very bad health.” This is an example of awfulizing, without overgeneralizing. Do you think this illustrates that

A. you should never awfulize,
or

B. sometimes awfulizing is very appropriate, particularly if you don't overgeneralize it?

page 109. Mack thinks of the animals in terms of how much money they cost and how much money they can make for him rather than thinking about what makes them happy. This is an example of

A. kindness,
or

B. selfishness?

page 110. When George says, “She'll be all right. She's a tough old girl,” he is thinking one of the 12 thoughts, which is not awfulizing. Do you think this illustrates that

A. not awfulizing is always better than awfulizing,
or

B. sometimes awfulizing is more accurate than not awfulizing?

page 113. Stella and Ivan agree that they want Ruby to have a safe place, not the Exit 8 Mall. Ivan promises, and in doing so, he thinks one of the 12 thoughts, namely

A. goal-setting,
or

B. getting down on himself?

page 114. When Ivan wishes for a heart made of ice, he is communicating that he feels very strongly about Stella's death, the emotion of

A. grief,

or

B. curiosity?

page 117. George probably says to Mack, "You should have called the vet. The way you neglected Stella was just wrong." This is an example of one of the 12 thoughts, called

A. celebrating your own choice,

or

B. blaming someone else?

page 120. Bob tries to help Ivan believe in his own ability to save Ruby. Sometimes when we don't feel enough confidence, we need to be aware that we can do more than we think we can. Sometimes we don't feel we can do something because we are scared of failure if we try. The skill we need in such times is a subskill of honesty, called

A. awareness of our own abilities,

or

B. awareness of how someone else is feeling?

page 122. Ivan wants to think of a story in order to make Ruby feel better, and so she won't feel so alone. Helping people not to feel alone, keeping them company, especially when they are feeling bad, is one way to do the skill of

- A. conservation,
- or
- B. kindness?

page 124. Ivan remembers times of playing tag with his sister, and jumping on his father's belly. He remembers when he and his family used the skill of

- A. joyousness,
- or
- B. productivity?

page 125: Getting named Mud probably caused Ivan to think something like, “Hooray, I'm glad I'm choosing to create all these works of art!” If so, that would be which of the 12 types of thoughts?

- A. learning from the experience,
- or
- B. celebrating his own choice?

page 126: Ivan's father's scowl kept disagreements from getting out of line. In other words, it helped the gorillas use the skill of

- A. nonviolence,
- or
- B. productivity?

page 127: Ivan says that while growing up, you “make mistakes... You learn.” If he learned from the mistakes he made, how not to make them over again, the type of thought he used was

- A. celebrating someone else's choice,
- or
- B. learning from the experience?

page 132: It seems very strange that Mack would keep Ivan in a small cage for so long, after keeping him in his own house, taking him to baseball games, putting up with his breaking 47 glasses, and so forth. The author may be wanting us to learn that

- A. people can be mean at times and kind at other times.
- or
- B. people are either mean all the time or kind all the time.

page 134: If Ivan had thought, "I'm going to try to eventually be with other gorillas and be in a place like the jungle I grew up in," that thought would be

- A. blaming someone else,
- or
- B. goal-setting?

page 138: Ivan thought, "I want to be an artist again." Then he thought of a way to do it: to scrape the icing off the cake and use it to draw something on the refrigerator door. He chose to carry out that plan. The two types of thoughts he used were

- A. goal setting and listing options and choosing,
- or
- B. awfulizing and blaming someone else?

page 140. Ivan was worried that the baby would fall. He tries very hard not to let her fall. He is trying to use the skill of

- A. carefulness,
- or
- B. respectful talk?

page 141. There were many weeks of loud talking between Mack and Helen, after which Helen left the relationship. The loud talking probably included lots of examples of

- A. blaming someone else
- or
- B. celebrating someone else's choice?

page 143. When Ivan first was moved into his new place to live, he thought something like, “Hey, it's great to have my own place!” This type of thought was

- A. celebrating luck,
- or
- B. not getting down on himself?

page 146 When Ivan says that the x's marking the number of days he has been at the mall march across his wall “like a parade of ugly insects,” we gather that his feeling about having been kept there all those days is

- A. gratitude and gladness,
- or
- B. sadness and resentment?

page 147. The facts that Mack has a sharp smell, weaves when he walks, and has red eyes are the author's way of telling us he is drunk on alcohol. Getting drunk is a bad example of the skill of

- A. self-care,
- or
- B. compliance?

page 153. Mack wants to punish Ruby for not obeying him. But sometimes punishing or threatening punishment creates another problem. Which did it create in this case?

- A. The one you punish, punishes you back, for doing something punishing.
- or
- B. The one you punish lies to escape punishment in the future.

page 154. Julia thinks of the possible plan of calling someone to keep Mack from hurting Ruby. This type of thought is

- A. listing an option,
- or
- B. celebrating her own choice?

page 156. The fact that George is laughing to himself probably means that he's thinking, "I'm glad that Ruby chose to give Mack the punishment he deserved." That type of thought would be

- A. getting down on himself,
- or
- B. celebrating someone else's choice?

page 160. It sounds as if Ivan takes some pleasure at figuring out how to paint on paper with the finger paints Julia has given him. He would be using one of the subskills of joyousness, called

- A. pleasure from discovery,
- or
- B. handling rejection?

page 165. When Ivan thinks that Ruby won't die in her cage like Stella did, if he can possibly help it, he is using what type of thought?

- A. goal-setting,
- or
- B. blaming someone else?

page 167. Ivan makes up a story in which he is able to help Ruby go to a good zoo rather than stay at the mall. He is imagining what he wants to have happen in the future. This is part of the skill of

- A. conservation,
- or
- B. positive fantasy rehearsal?

page 171. There is lots in this story that is only imaginary, for the sake of the story – that animals can talk with each other in well-formed English sentences, for example. Do you think the idea that human beings can be both very cruel and very kind is

- A. really true,
- or
- B. only imaginary?

page 173. We find out that Ivan has a plan to free Ruby, although we don't know exactly what it is. But we can definitely conclude that he has been doing which type of thought?

- A. getting down on himself,
- or
- B. listing options and choosing?

page 174. Ruby does what Mack says. For better or for worse, she has decided to use the skill of

- A. compliance,
- or
- B. friendship-building?

page 177. Ivan works all night on his project. He's using the skill of

- A. respectful talk,
- or
- B. productivity?

page 179. Ivan doesn't think his painting has come out right, but instead of giving up, he tries again. He uses a subskill of productivity, called

- A. non-bossiness
- or
- B. persistence?

page 181. When Ivan says, about his plan, "It's a stupid idea," he is using what type of thought?

- A. celebrating luck,
- or
- B. getting down on himself?

page 183. Ivan is angry at Mack for taking Ruby's picture. But he has reason to feel good, also, because of a thought that could go like this: "Hooray! He didn't happen to find the rest of the pictures!" This thought is

- A. learning from the experience,
- or
- B. celebrating luck?

page 187. Ivan sees on television a picture of a good zoo. He resolves to paint a picture of it. He is

- A. goal-setting,
- or
- B. getting down on himself?

page 192. Ivan would like for his project to be completely done. But he realizes that something is missing. He needs to be patient and keep trying for a goal he can achieve in the future, but not right now. He is using the skill of

- A. self-discipline,
- or
- B. joyousness?

page 196. Ivan has gotten an idea that made such an impression on him that he jumped up. He probably figured out what was missing from his picture. He was using the thought called

- A. listing options and choosing,
- or
- B. celebrating someone else's choice?

page 199. Now we have found out why Ivan was counting to 12 in the words of the advertisement for the mall: the word home was the 12th word. Ivan is trying to say that the good zoo should be the new home for Ruby. If he is not able to communicate this to anyone, and no one understands it, he will need the skill of

A. fortitude,

or

B. respectful talk?

page 201. Ivan thinks about what will happen if he fails. If he were able to talk to Julia, he could use the Dr. L.W. Aap joint decision process. He could start it off by say, "Here's the problem. This place isn't good for Ruby. She'll be unhappy here." This way of starting off Dr. L.W. Aap is called

A. defining the problem,

or

B. defending your actions?

page 206. When Ivan figures that all his work will be wasted, he thinks, "I can't let Ruby be another One and Only." This thought is

A. blaming someone else,

or

B. goal-setting?

page 220. George and Julia have finally figured out the puzzle, and they have figured out what Ivan wanted them to do, and they have done it. If they thought, "Hooray, we have solved a puzzle and we have done something that may do some good," they would be

- A. not blaming someone else,
or
- B. celebrating their own choice?

page 222. Mack has a tantrum, throwing and kicking things and probably screaming. The skill that would help him the most not to do this would be

- A. fortitude,
or
- B. honesty?

page 225. Suppose the man from the newspaper said, "I'd like to come over and write a story for the newspaper about this, and take pictures," and Mack had said, "Are you saying you'd like to put the story of these animals, and some pictures, in the newspaper soon?" Mack would have been using what way of listening?

- A. a facilitation,
or
- B. a reflection?

page 233. Now that the news about the mall is out, a bunch of people start protesting the conditions there. They probably feel bad that the animals are being mistreated. They are using a subskill of kindness, which is called

- A. conscience, or feeling bad about someone's being harmed,
or
- B. gleefulness, which is having fun and laughing and playing?

page 236. The man and woman who came were probably enforcing laws against cruelty to animals. Because these rules exist, and they can be enforced by the police, they didn't have to get into a physical fight with Mack to get the animals away. They are using one of the major ways that society has come up with to avoid violence, which is called

- A. ignoring the bad behavior,
- or
- B. the rule of law?

page 240. The woman who does clicker training with Ruby uses only reward and no punishment. Reward is sometimes called positive reinforcement. Using positive reinforcement and no punishment is a way of training someone to do something that uses a certain skill much more than training that involves punishment. That skill is

- A. kindness,
- or
- B. courage?

page 241. The doctor has come to examine Ivan, but when Ivan beats his chest and looks ferocious, the doctor decides not to come any closer. The doctor is playing it safe and using his skills of

- A. courage,
- or
- B. self-care?

page 244. Bob and Ivan are working on handling not being together any more. They are using a subskill of fortitude called

- A. handling separation, or handling the loss of a relationship

or

B. reflectiveness, or thinking before acting

page 247. Julia would like to take Bob into her family, but her father says they can't afford it. Julia does not have a tantrum, but nods and says, "I understand." She is using the skill of

A. fortitude,

or

B. pleasure from discovery?

page 250. The last time Ivan got into a box, his sister died. So it is very difficult for him to get inside it. But he sees that Ruby is watching him, and he wants to show her that getting into the box is the way out of the situation they've been in. He gets in the box, even though he's certainly scared to. He's using the skill of

A. respectful talk,

or

B. courage?

page 251. Ivan gets what he thinks is a good idea about Bob living with him at the zoo, but Bob doesn't agree to the plan. This is yet another time when Ivan doesn't get what he wants and has to use

A. joyousness,

or

B. fortitude?

page 253. Ruby imagines joking with the other elephants. She imagines playing tag. She is rehearsing being joyous with the other elephants, by using her skills of

- A. nonviolence,
- or
- B. positive fantasy rehearsal?

page 255. Mack seems to think that he has loved and cared for Ivan. But because of his selfishness, he has not really had a good relationship with Ivan at all. The skill that he has especially failed at in regard to this is

- A. friendship-building,
- or
- B. conservation?

page 258. Ivan gives Not-Tag to Bob, for him to sleep on. Giving is one of the ways to use the skill of

- A. kindness,
- or
- B. positive fantasy rehearsal?

page 259. The drink that they give Ivan seems to put him to sleep. It probably has sleeping medicine in it. They have given him this because they want to be able to move him and probably check him out medically, without anybody's getting hurt. They are using their skills of

- A. self-care,
- or
- B. respectful talk?

page 262. When Ivan wakes up in a cage, he mainly thinks about Ruby. Will she be happy where she winds up? Wanting to make other people happy is crucial to the skill of

- A. courage,
- or
- B. kindness?

page 268. The gorillas that Ivan sees are contented and placid. The word placid means that they are not excited, not angry, but taking it easy, easy-going, gentle. They appear to be good at a skill that I've linked to joyousness, which is the skill of

- A. relaxation,
- or
- B. honesty?

page 278. It would be appropriate for Ivan to say to himself, "I don't want to punish myself for being shy and scared. After so many years in captivity, away from other gorillas, it's natural that it should take some time to be ready to socialize with other gorillas." This way of thinking would be

- A. celebrating someone else's choice,
- or
- B. not getting down on himself?

page 279. Ivan imagines himself as he might have been. He is practicing in his imagination being brave and not backing down. He is using the skill of

- A. positive fantasy rehearsal,
- or
- B. loyalty?

page 280. Maya shows Ivan the video of Ruby because she knows that Ivan will be happy to see that Ruby is happy. Ivan tries to say, with his eyes, thank you, to Maya. Ivan is using which of the 12 thoughts?

- A. celebrating someone else's choice,
- or
- B. not blaming someone else?

page 287. Ivan feels really good to be touched by Kinyani. He is using a skill in the joyousness group, called

- A. pleasure from physical affection,
- or
- B. option-generating?

page 288. Ivan tells the story of his life. He is using a skill in the friendship-building group, called

- A. self-disclosure, or telling about your own experience.
- or
- B. enjoying aloneness?

page 290. Ivan is ready to use a skill in the joyousness group, as he prepares to do his art work. It is

- A. pleasure from creativity,
- or
- B. forgiveness and anger control?

page 293. Ivan at first fails to get up on the tree branch. But he tries again, without getting demoralized by his first failure. He's using a skill in the fortitude group, called

A. loyalty,

or

B. handling mistakes and failures?

page 295. From his perch in the tree, Ivan can see Ruby, and can see that she is safe. He remembers his promise to Stella, and feels good about having kept it. Keeping promises is part of the skill of

A. honesty,

or

B. handling criticism?

page 299. Bob has joined up with Julia's family, despite his fear of trusting humans. This must have taken the skill of

A. courage,

or

B. conservation?

page 300. Julia thanks George. She is probably grateful to him for letting Bob stay with them, for putting up the billboard that ended up saving Ivan, and for getting a job at the zoo that will let her see Ivan and Ruby. Feeling gratitude most involves which of the 12 thoughts?

A. getting down on yourself,

or

B. celebrating someone else's choice?

Questions on *The Wheel on the School*

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page 1

The author says, "They were, well, just old people, so they weren't too important." If an old person were to overhear this and think, "I may not like the idea that this person thinks we old people aren't important, but that's ok, I can handle it," then that old person would be using the skill of

- A. conservation,
- or
- B. fortitude?

page 2

From the fact that Pier and Dirk like to stick together and do what the other does, it sounds like they're probably good at

- A. loyalty,
- or
- B. honesty?

page 3

The teacher is proud of Lina for her

- A. independent thinking and productivity,
- or
- B. thinking before acting and self-care?

page 4

By the “positive reinforcement” the teacher gives Lina after she reads what she has written, he gives her a chance to exercise one of the subskills of joyousness. It is

- A. conscience: feeling appropriate guilt
- or
- B. pleasure from approval: enjoying compliments

page 5

When the children admit that they don't know much about storks, they are using a special sort of honesty, known as

- A. frustration-tolerance,
- or
- B. awareness of your own abilities?

page 6

The teacher is encouraging the children to use a skill in the joyousness group, called

- A. pleasure from discovery,
- or
- B. pleasure from others' kindness?

page 7

A positive reinforcer is something that comes after a behavior, that increases the chance that the behavior will occur again. What positive reinforcer did the children experience, following what behavior?

A. Behavior was looking at the tower clock, and reinforcer was feeling wonderment.

or

B. Behavior was raising an interesting question, and reinforcer was getting out of school early to think about it more.

page 8

When the children sit and wonder why, as the teacher had instructed, they are using

A. joyousness,

or

B. compliance?

page 9

When Jella decides that sitting on the dike doesn't feel right, he thinks some and comes up with a new idea of something to do. That's an example of

A. fantasy tolerance,

or

B. option-generating?

page 10

When Jella tells Lina that she can't come with them, that is a bad example of

- A. kindness and friendship-building,
- or
- B. courage and positive fantasy rehearsal?

page 11

Lina practices in her imagination that tomorrow when the teacher asks a question, she will raise her hand and have something to say. She is using

- A. positive fantasy rehearsal
- or
- B. magnanimity, non-jealousy: handling it when someone else gets what you want.

page 12

When Lina doesn't get too upset after the boys exclude her and just continues doing her own thing, that's an example of

- A. toleration and handling rejection,
- or
- B. conservation and thrift?

page 13

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the

Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

It sounds as if the children understand the situation that the storks don't come to their town, and they have something of an objective to have them come back. What do you think they need the most in order to decide what to do?

- A. the self-discipline to do what they have already decided or
- B. some more information?

page 14

Lina has been mad at Eelka, but she feels worried after Eelka falls into the ditch. By this, she is showing the beginning signs of

- A. purposefulness and productivity, or
- B. forgiveness and anger control?

page 15

When Grandma Sibble III says to Lina, "I know I'm just a nosy old creature, but there you stand again, staring," she is using one of the skills of friendship-building, called

- A. social initiations: starting talking with someone, getting some interaction started or
- B. habits of self-care: healthy habits about smoking, drinking, drug use, exercise, diet, and so forth

page 16

When Lina can tell that Grandmother Sibble III isn't acting superior and adult, but rather is truly curious, Lina is using a friendship-building skill called

A. Awareness of control. Accurately assessing the degree of control you have over specific events

or

B. discernment and trusting: deciding what someone can be trusted for, and trusting when appropriate

page 17

When Lina joins Grandmother Sibble and begins telling her what she was thinking, she realizes that she can trust Grandmother Sibble, and decides to share her ideas with her. This is a good example of

A. self-disclosure,

or

B. self discipline?

page 18

Lina and Grandmother Sibble both have the idea of putting wagon wheels on houses so storks will have a level place to build a nest. Then Grandmother Sibble hints at another idea, of growing more trees for the storks to be able to be in. They together are using the decision-making skill called

A. option-generating,

or

B. differential reinforcement: reinforcing positive behavior and ignoring the negative

page 19

When Grandmother Sibble suggests that they try to think the way a stork would think, she is suggesting that they see things from the stork's point of view. She thinks they should use a special sort of

A. empathy,

or

B. fortitude?

page 20

Grandmother Sibble has given Lina some important information about what storks like. But another part of the reason that Lina enjoys hearing the story is that the images Grandmother Sibble creates with her words appeal to a special type of joyousness, which is

A. the appreciation of beauty

or

B. carefulness: feeling appropriate fear and avoiding unnecessary risks

page 21

A positive reinforcer is something that comes after a behavior, that makes that behavior more likely to happen again. What behavior has Lina done, and what is the positive reinforcer?

A. Behavior was getting into a conversation with an old person; reinforcer was finding out something very interesting and important to her?

or

B. Behavior was looking at her shoe; reinforcer was the storks leaving Shora?

page 22

When Lina picks up on the fact that Grandmother Sibble said "we," and that she has been thinking about storks too, we can tell that she was paying close attention. This is a good example of

A. positive fantasy rehearsal,

or

B. listening?

page 23

There are many ways to do kind acts. In which ways did Grandmother Sibble do something kind to Lina that were described on this page?

A. Giving her something, not distracting her from her own thoughts, and speaking gently to her?

or

B. Consoling her when she was upset, helping her carry something, and making her laugh?

page 24

On the first page, the author, from the point of view of the children, says

that the "old people" were "not too important." And now Lina feels very happy that suddenly Grandmother Sibble "had become important." The skills that they both used, that made Lina happy, were

- A. assertion, or dominance: sticking up for your own way
or
- B. friendship-building, especially social conversation

page 25

Lina imagines that when the boys are doing games that she is left out of, she will go to talk with Grandmother Sibble. She is using the skill of

- A. positive fantasy rehearsal,
or
- B. self-discipline?

page 26

The teacher is trying to promote a special type of joyousness, which is

- A. pleasure from discovery,
or
- B. self-nurture: thinking thoughts that give yourself assurance or caretaking

page 27

When Jella tells the teacher that he didn't think, but just asked his mother, this is a good example of

- A. positive fantasy rehearsal,

or

B. honesty?

page 28

When Lina so excitedly tells her story, we can tell that all of the students -- even Jella -- are giving good examples of

A. focusing attention, concentrating

or

B. handling separation from someone?

page 29

Even though Lina feels mad at the boys, she gradually comes to see that they thought about storks in their own ways. If she can come to see things from their point of view, she's practicing the skill of

A. empathy,

or

B. productivity?

page 30

When Jella admits that his mom was wrong, he has to use some fortitude. This is a good example of

A. handling separation,

or

B. handling mistakes and failures?

page 31

The teacher likes it that the students are excited about a question, and ideas about it. He sees his job as generating passionate interest in ideas, rather than just getting the students to memorize facts. In order to get to be a good teacher, he probably used the skill of

A. competence-development: working toward being really good at what you do

or

B. fantasy-tolerance: putting up with mental images of unwanted behavior, confident that you won't actually carry them out

page 32

When the teacher tells the children that you have to first dream and then do, he is telling them that you

A. first use positive fantasy rehearsal, and then productivity,

or

B. first conscience, and then gleefulness?

page 33

They think of planting little trees, digging a moat, protecting the trees, using poplar trees to protect the willows, and making hot chocolate for the moat-diggers. They are using the skill of

A. toleration, non-bossiness. Tolerating a wide range of other people's behavior.

or

B. option-generating

page 34

With the help of the teacher, the children are identifying their top goals and priorities. This is a good example of

A. organization skills,

or

B. loyalty skills?

page 35

The teacher puts the picture of storks living in Shora so that the children can see it, so that they will imagine ways of bringing about this goal. He is stimulating their use of the skill of

A. respectful talk,

or

B. positive fantasy rehearsal?

page 36

The teacher imagines the storks living among them and says, about this image, "Isn't it wonderful?" whereas someone else might say, "So what's the big deal? Why does it make you feel so good to have a bunch of birds around?" Being able to feel really good about things that other people say, "So what?" about is the skill of

A. joyousness,

or

B. nonviolence?

page 37

Everyone might like to keep thinking about storks for the rest of the morning, but there's arithmetic to learn too. Keeping this in mind and starting back into the arithmetic is a good example of

A. self-care,

or

B. self-discipline?

page 38

They are having trouble with their schoolwork because of imperfection in one of the subskills of productivity, which is called

A. organization

or

B. concentration, focus

page 39

The students and the teacher are making a joint decision. The parts of joint decision making are remembered by Dr. L.W. Aap: defining, reflecting, listing, waiting, advantages, agreeing, and politeness. What is the teacher doing when he asks whether the students would be willing to come to school for a Saturday afternoon to make up for the lost time?

A. Defining the problem

or

B. Listing an option?

page 40

When the teacher ignores what Jella says about legless Janus (which is a fantasy rehearsal of violence) and instead talks more about their plans to find a wheel, he focuses on the positive and avoids reinforcing negative behavior by not paying any attention to it. This is an example of

- A. differential reinforcement,
- or
- B. self-care?

page 41

When Auka does as the teacher said and looks where a wheel could be and where it couldn't be, this is an example of

- A. joyousness,
- or
- B. compliance?

page 42

Grandmother Sibble knows there isn't a wagon wheel in her basement, but she doesn't argue with Auka when he wants to look there. She even compliments the teacher's directions to them. She uses the skills of

- A. kindness and friendship-building,
- or
- B. courage and self-care?

page 43

When Dirk says, "You and I just played," knowing that they were

supposed to have been searching instead, he is admitting what happened, using the skill of

- A. positive fantasy rehearsal,
- or
- B. honesty?

page 44

When they take the farmer's hay so that the farmer won't realized that they played in his hay, they are doing a not-so-good example of

- A. honesty
- or
- B. nonviolence?

page 45

When the clock strikes twelve, all the students return to the school, as the teacher had directed them to do. They have used the skill of

- A. conservation,
- or
- B. compliance?

page 46

When Lina says, "Then we've got nothing," she really means, "We've got nothing, and it's really bad that we have nothing!" Her thought, the thoughts of the others, are closer to

- A. learning from the experience,

or

B. awfulizing?

page 47

When Lina mentions wanting to cry versus feeling angry, she is thinking about some ways people deal with frustration. All of the children have to try to not feel bad about feeling bad. Putting up with bad feelings is one of the 62 skills, called

A. painful emotion-tolerance,

or

B. discernment and trusting?

page 48

The teacher encourages the children to not get too disappointed. He hopes they can use

A. frustration-tolerance or fortitude,

or

B. honesty?

page 49

The teacher is willing to stay at the school into the evening. His dedication to the goal, and to helping his students achieve their goal, is an example of a subskill of productivity called

A. purposefulness,

or

B. nonviolence?

page 50

The teacher took pleasure in the fact that he was able to inspire Jella to put his heart into the goal that they had set. He's feeling good about accomplishing what he wants to do as a teacher, to inspire passion in his students. He's using subskills of joyousness, which are

A. pleasure from your own acts of kindness and pleasure from your own accomplishments,

or

B. pleasure from humor and pleasure from silliness?

page 51

The farmer has Jella by the ear, and says to the teacher, "What goes on in this school of yours here anyway?" The farmer's thoughts are examples of

A. celebrating someone else's choice,

or

B. blaming someone else?

page 52

Even though Jella didn't give the best example of honesty skills here, it seems more likely that the main problem is that he didn't put enough effort into checking whether the farmer would need his wheel. He could have used better

A. courage,

or

B. carefulness?

page 53

And though the farmer feels that he has been wronged, he hasn't used the best examples of

A. kindness and nonviolence,

or

B. productivity and compliance?

page 54

In explaining the situation, the teacher is helping the farmer to see things from Jella's perspective, or to use

A. empathy,

or

B. gratitude?

page 55

With the help of the teacher, everyone has been able to use a rational approach to joint decisions and good conflict resolution skills. The farmer was more able to deal with Jella's behavior, and Jella admitted that he had been wrong. They used

A. gleefulness and fluency,

or

B. tolerance and submission?

page 56

Jella and the farmer come to a friendly agreement, even though the farmer recently saw Jella as a thief, and Jella's ear still hurts from the physical violence the farmer did. They both show an unusual degree of the skill of

- A. forgiveness and anger control,
- or
- B. enjoying aloneness?

page 57

Jella has an idea pop into his head about how to get the storks to come down, and he immediately starts to put it into effect. If he had thought more, he may have realized that shooting the storks with arrows could kill them, or that the arrows could come back down and hurt someone else, or that the arrows could come back down and damage property. What very important step of the decision making process is Jella leaving out?

- A. Forming an objective or goal
- or
- B. Thinking of advantages and (particularly) disadvantages of options

page 58

When the farmer says, "All my wheels are under my wagon, and that's where I need them," the farmer is turning down the request for a wagon wheel. This statement isn't angry and aggressive, and at the same time, the farmer doesn't give in. Trying to protect your own interests, without getting angry or aggressive, is the skill of

- A. Assertiveness, or assertion: sticking up for yourself

or

B. Positive fantasy rehearsal?

page 59

In imagining what it would be like to not have legs, Pier is imagining things from legless Janus's perspective. He is trying to use

A. conservation,

or

B. empathy?

page 60

When Pier is away from Dirk, he tends to think of "scary, silly, hopeless things." The skill of putting up with your own thoughts and imaginings, even when they are scary, is one we can call

A. fantasy-tolerance: handling mental images of unwanted things, knowing that you won't act on them

or

B. awareness of your own abilities?

page 61

When Dirk says, "I suppose that's hunting for a wagon wheel?" and "Boy, I like that," what he really means is the opposite; Dirk is being sarcastic. If he were more straightforward about saying what he wanted, he might have said, "Pier, please come with me and help me search." This probably would have been a better example of which skill?

A. Compliance: obeying when it is good and right to obey

or

B. Assertion: communicating your own wishes in a straightforward and clear way

page 62

When Pier says, "Man, Dirk, I'm glad you came along," he is saying something friendly just after Dirk has insulted him. He communicates that he doesn't at all like being by himself, without Dirk nearby. He's showing that he is good at the skill of _____, and not so good at the skill of _____.

A. forgiveness; enjoying aloneness

or

B. conservation; pleasure from discovery

page 63

When Dirk says, "Everybody is out in the country hunting, but you had to go and get hungry," this thought is an example of

A. listing options and choosing,

or

B. blaming someone else?

page 64

If Janus and the neighborhood boys had spoken to each other, they may have considered ideas like this: the boys don't steal the cherries, and they help Janus cultivate his tree and even grow more trees; in exchange he shares some of his cherries. Which part of Dr. L.W. Aap would they have been doing, when they thought of an idea like this?

A. R for reflecting to make sure you understand the other's point of view,
or

B. L for listing options that can possibly solve the problem?

page 65

It sounds like the children have not been very kind to Janus. In trying to steal his cherries, they gave bad examples of

A. fortitude and humor,

or

B. honesty and conscience?

page 66

At anger control choice points, or provocations, people can have different motives. Avoiding harm, problem-solving, and kindness or friendship are some of the motives that tend to lead to nonviolent solutions. Sadism and stimulus-seeking are motives that get in the way of good solutions. Punishment and dominance are motives that often cause problems. What do you think was Janus's motive in giving Jella a hard spanking?

A. problem-solving: finding the best way to work things out

or

B. punishment: giving an unpleasant consequence to discourage a behavior

page 67

There are several steps in making decisions, that can be remembered by

the words SOIL ADDLE. The letters stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

Pier and Dirk create a plan in their imaginations, to sneak into Janus's yard and look around and steal cherries. If they had considered that their plan could have given Janus more reason to feel mean, they could have gotten punished, they could have gotten hit by a rock, and they would have done something dishonest, they would have been doing which step of decision-making?

A. Listing options,
or

B. Considering advantages or disadvantages?

page 68

When Pier thinks, "The scheme had worked!" he is using which thought?

A. celebrating his own choice,
or

B. getting down on himself?

page 69

When Pier yells, "Dirk, drop!" He is endangering himself in order to keep his brother's hand from being hurt. He is using the skill of

A. productivity,
or

B. loyalty?

page 70

When Pier says, "We hadn't even thought about your cherries," he is NOT attempting to do a good example of

A. self-care,

or

B. honesty?

page 71

When Dirk comes into the yard to face Janus, when he could have run away, he does it because of

A. loyalty,

or

B. conservation and thrift?

page 72

When Dirk explains that they are looking for wagon wheels to try to get the storks to return to Shora, he is doing the first step of Dr. L.W. Aap. He is

A. Defining the problem -- telling about his own interests and wishes

or

B. Reflecting to make sure he understands the other person's point of view?

page 73

The first sign that Janus will forgive Pier and Dirk comes when Dirk

admits that they would have stolen some cherries. Janus appreciates Dirk's

- A. honesty,
- or
- B. self-discipline?

page 74

When Janus says, "I think too much of hands and legs to want to smash anybody's," he is revealing that he values the skill of

- A. positive fantasy rehearsal,
- or
- B. nonviolence?

page 75

Janus possibly could have saved his legs if he had gone to a good doctor and asked for help sooner, but he was scared of doctors. His story shows why the skill of asking for and accepting help appropriately can be classified as a subskill of

- A. courage skills,
- or
- B. loyalty skills?

page 76

Janus says, "So you want it to be a shark? Since it was a man-sized shark, I've no call to be mean. Is that it?" He is saying back what he understands the boys to be saying, to make sure he understands it right.

This way of listening is called a

A. reflection,

or

B. positive feedback?

page 77

What Lina knew, and what Pier and Dirk were learning, was that just starting to talk calmly and kindly with someone can change someone from a "fearsome ogre" to a friend. They are all seeing one of the most important parts of friendship building:

A. awareness of control: figuring out how much control you have of events,

or

B. social initiations: starting to talk with someone?

page 78

When the farmer says, "And just what are you snooping around for?" his thought process seems to be closer to

A. celebrating luck,

or

B. blaming someone else?

page 79

In realizing that the best option is to smile at the farmer and explain his situation, Eelka shows a good example of

- A. competence-development and fortitude,
- or
- B. thinking before acting and socializing?

page 80

Eelka says that he isn't glad the farmer hurt himself on the wheel, but he is glad the farmer found the wheel if Eelka can have it. The farmer grins because he appreciates the fact that Eelka's straightforward answer shows

- A. kindness and honesty,
- or
- B. habits of self-care?

page 81

Eelka imagines himself rolling the wheel to the school, and takes pleasure in imagining himself achieving his goal. In doing this, he is using the skill of

- A. positive fantasy rehearsal,
- or
- B. listening?

page 82

When Eelka thinks, "I have a wheel! It is mine!" he is

- A. not blaming someone else,
- or
- B. celebrating luck and celebrating his own choice?

page 83

Here, when Eelka is so cautious, he is using

- A. carefulness and thinking before acting,
- or
- B. honesty and awareness of emotions?

page 84

Eelka thinks something like, "I am determined to outdo Jella!" This is an example of which type of thought?

- A. not awfulizing,
- or
- B. goal-setting?

page 85

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

If Eelka had thought, "I could try using the rope to lower the wagon wheel out the window. I could try dragging the wagon wheel down the stairs. I could just leave the wheel right here, and go back and get the rest of my classmates to help out." If he had done that, he would have been

- A. considering advantages and disadvantages,

or

B. listing options?

page 86

As Eelka was hanging by his fingers, he might have been thinking, "I want to focus all my energy into just hanging on." This thought is

A. Getting down on himself,

or

B. goal-setting?

page 87

It is clear now that Eelka had deceived himself. Because of his wish for glory, he had made himself think he was big and strong enough for a task that he really needed help with. He could have used more ability in a subskill of honesty, called

A. awareness of your own abilities,

or

B. handling separation?

page 88

When Eelka doesn't get stuck wishing the wheel hadn't broken, but instead begins to figure out whether it can be fixed, this is a good example of

A. fortitude,

or

B. self-care?

page 89

Eelka is working really hard to move the wheel, in all its pieces, back to Shora. He's using the skill of

A. productivity,

or

B. joyousness?

page 90

If, as he moved down the road, Eelka had said to himself, "Hmm, I've made a discovery. The wheel moves better if I move it in one of the ruts, that makes a sort of track for the wheel." This thought would have been

A. not getting down on himself,

or

B. learning from the experience?

page 91

When Eelka is angry at Jella but stays focused on what to do, he uses the skill of

A. conservation,

or

B. fortitude?

page 92

They think about using the rope, getting help, and driving stakes in the canal bank to use as a sort of ladder. Jella adopts the last plan, but he does so without

A. listing options,

or

B. considering advantages and disadvantages?

page 93

Jella is very insulting when Eelka drops the wheel hub. But Eelka doesn't respond to him at all. He's using one of the ways of responding to a provocation, namely

A. assertion,

or

B. ignoring?

page 94

Jella is going down into water that is over his head, when he can't swim, after he has been told that the last stake wasn't driven in well. This is a particularly bad example of the skill of

A. self-care,

or

B. nonviolence?

page 95

Eelka pulls himself up the bank by his arms only, with Jella hanging onto his legs. The ability to pull as hard as you can, even if it's

unpleasant, and even if you feel like giving up, takes

A. self-discipline,

or

B. joyousness?

page 96

At this moment Jella would be lots less scared if he had learned to swim well. Learning things like how to swim is helped by a subskill of productivity, called

A. competence-development: working toward competence in life skills

or

B. handling rejection: handling it when someone doesn't want to be your friend

page 97

When Eelka realizes that Jella is scared, this is an example of

A. empathy: recognizing other people's feelings

or

B. competence-development?

page 98

Here Eelka's actions are good examples of

A. decision-making and courage,

or

B. fantasy-tolerance and joyousness?

page 99

When Jella calmly trusts Eelka, he uses a good example of

- A. social initiations,
- or
- B. depending?

page 100

When Eelka tells about how in his family he was always considered the baby, and that's why he didn't realize how strong he was, he is telling about his own experience and thoughts. This is called the skill of

- A. self-disclosure,
- or
- B. pleasure from other people's kindness?

page 101

When Jella says, "Some baby," he is expressing his admiration for Eelka, and another very important feeling about Eelka's having pulled him from the canal. This feeling is also the name of a subskill of friendship-building, called _____. It causes Eelka to use a subskill of joyousness, called _____.

- A. gratitude, pleasure from approval
- or
- B. relaxation, positive fantasy rehearsal?

page 102

When Auka says, "I'm going all the way to Nes, maybe even all through Nes," this type of thought is

- A. goal-setting,
- or
- b. not blaming someone else?

page 103

Lina discloses her unrealistic fear of dogs. Talking about your unrealistic fears or aversions is often a very important first step in gaining the _____ skills to get over them.

- A. loyalty,
- or
- B. courage?

page 104

When Auka says, "Hope you find a dozen wheels and no dogs," he is wishing Lina well just before he hurries on and leaves her. Saying something nice just as you say good-bye is part of a friendship-building technique known as a

- A. parting ritual,
- or
- B. provocation?

page 105

Auka does an act of kindness toward the man. There are many types of

kind acts. What type is exemplified when Auka says, "Hey, your rim is coming off!"?

A. complimenting someone

or

B. warning someone to keep something bad from happening to them

page 106

Auka realizes that his request for the wheel seemed rude from the man's perspective, and explains more as a result. When Auka sees things from the man's point of view, he uses the skill of

A. gratitude,

or

B. empathy?

page 107

When the tin man thinks about how bad a week it was for selling his tin, and how little money he has, he is recognizing that things are bad for him financially. This is an appropriate and mild use of the thought we call

A. awfulizing,

or

B. blaming someone else?

page 108

Auka comes up with an idea that will help both him and the tin man.

This is a good example of

- A. option-generating,
- or
- B. self-discipline?

page 109

When considering the possibility that he won't have enough money for a new wheel, the tin man doesn't get too upset. This is an example of

- A. joyousness,
- or
- B. fortitude?

page 110

Auka is able to find reason to care about his work, and he finds ways to make the work fun. This is an example of

- A. purposefulness and pleasure from accomplishment,
- or
- B. toleration and pleasure from blessings?

page 111

Auka uses the hammer to do a kind act, of what kind?

- A. teaching someone something,
- or
- B. helping someone achieve a goal?

page 112

Again, Auka is able to come up with an idea that the tin man and his wife hadn't thought of. This is a good example of

- A. differential reinforcement,
- or
- B. option-generating?

page 113

The tin man thanks Auka, and Auka is able to handle the fact that he won't be able to take the wheel. These are examples of

- A. gleefulness and self-discipline,
- or
- B. gratitude and fortitude?

page 114

The woman criticizes Auka for being in her yard without permission, and he says, "I did walk right in here, didn't I?" This is one of the ways of responding to criticism, that is called

- A. agreeing with part of criticism,
- or
- B. criticising the critic?

page 115

The woman smiles and becomes a little nicer when Auka is so interested in the storks and apologetic. She appreciates his

- A. pleasure from discovery and respectful talk,
or
- B. pleasure from accomplishments and habits of self care?

page 116

Auka was going to help the man even before the man offered him money. This is a good example of

- A. nonviolence,
or
- B. kindness?

page 117

When Auka says, "Bye, Lina's aunt!" he is using a

- A. parting ritual,
or
- B. asking for more specific criticism?

page 118

When Auka doesn't give up, but keeps making his argument, this is an example of

- A. persistence,
or
- B. gleefulness?

page 119

Again, Auka comes up with a good idea that will help everyone. He argues for it even though he won't get anything out of it directly. This is a good example of

- A. self-discipline and self-nurture,
- or
- B. option-generating and kindness?

page 120

Auka convinced the man because he stood up for himself and his idea. This was an example of

- A. assertion,
- or
- B. carefulness?

page 121

The tin man "couldn't believe" what happened. This is another way of saying that one of the tin man's emotions was

- A. sadness,
- or
- B. surprise?

page 122

The tin man is so excited because he is thankful for Auka's help. He offers to give Auka a ride back, and helps him put the wheel on Evert's roof. This is a good example of

- A. positive fantasy rehearsal,
- or
- B. gratitude?

page 123

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

Suppose the tin man thought, "If I use the option of moving my cart away, then a good consequence is that the storks won't get scared by the shiny tin." He would be using which part of the decision-making process?

- A. learning from the experience,
- or
- B. considering advantages and disadvantages?

page 124

When the tin man says that he'd hate himself if he scared the storks away, he means that he'd feel bad if he made Evert less happy. Feeling bad about making someone else unhappy is a subskill that leads to kindness, that is called

- A. conscience,
- or
- B. assertion?

page 125

Lina's walking down the streets where there are watchdogs, despite her fear of them, is a use of her skills of

A. friendship-building,

or

B. courage?

page 126

When the author says that Lina's "spine turned cold," he means that she felt the emotion of

A. fear,

or

B. anger?

page 127

Lina was able to think of a solution to her problem even though she was so scared. This is a good example of

A. option-generating and courage,

or

B. friendship-building and conscience?

page 128

Sitting on the dike, Lina is able to calm herself down after her scary experience. This is a good example of

- A. toleration,
- or
- B. relaxation?

page 129

Lina forms the idea of getting on top of the boat. She is

- A. goal-setting,
- or
- B. blaming someone else?

page 130

Lina gets an idea about what to do with her shoes, and strings them around her neck using her hair ribbon. She is using her skill of

- A. option-generating,
- or
- B. kindness?

page 131

Lina is proud of what she has accomplished, even if none of the boys are there to see it. This is an example of

- A. compliance,
- or
- B. pleasure from accomplishments?

page 132

When Lina celebrates her find with a happy dance, this is an example of

A. gleefulness,

or

B. socializing?

page 133

When Lina shouts, "I found a wheel! I found a wheel!" it sounds as if she is

A. getting down on herself,

or

B. celebrating her own choice?

page 134

Old Douwa offers to fix the split in Lina's shoe. This act of kindness is

A. paying a compliment,

or

B. offering help?

page 135

When Douwa says there's a storm coming, Lina looks at the sky and the old man in disbelief about the storm. Without her even having to say anything, he realizes her doubt, and says, "Oh yes, that storm's coming." His ability to figure out what she is thinking and feeling is called

A. courage,

or

B. empathy?

page 136

Douwa realizes that there's no time to waste, and suggests that they talk as they walk, so they can achieve their goal. This is an example of

A. purposefulness,

or

B. submission?

page 137

Douwa began dreaming things, imagining things -- imagining that his father was still alive and that he would save him. Without even knowing it, he is using the skill of

A. pleasure from approval,

or

B. positive fantasy rehearsal?

page 138

When Lina says, "Because it was so impossibly impossible, it was so!" she responds in a way that Douwa really appreciates - she expresses things better than he could have. This is a sign that Lina is doing some good

A. compliance,

or

B. listening?

page 139

Lina responds so kindly because she understands Douwa's story from his point of view. This is an example of

- A. loyalty,
- or
- B. empathy?

page 140

When Douwa exclaims, "What a day! What a great day!" He is, nearly a century after that day,

- A. celebrating luck and celebrating his own choice,
- or
- B. goal-setting?

page 141

Douwa wants the wheel on the school to be a monument to his father who was saved by the wheel. In wanting to create a monument to his father, Douwa is demonstrating his skill of

- A. loyalty,
- or
- B. honesty?

page 142

Lina doesn't stop moving, even when she fails to find the people she was looking for; she handles it even though the teacher had said that he'd be

there. This is an example of

- A. frustration-tolerance and persistence,
- or
- B. enjoying aloneness and social initiations?

page 143

We seem to have had several incidents so far where a wagon wheel has been too much for people unless they assist each other -- it is too heavy for one person to deal with. This brings out the value of the skill of

- A. habits of self-care,
- or
- B. accepting help, appropriately depending on others?

page 144

All the while, Douwa has a very cheerful attitude, despite the hard work he and Lina are trying to do, and despite the fact that his age makes things harder. This is a good example of

- A. conservation,
- or
- B. joyousness?

page 145

When Lina says to Douwa, "You are wonderful," she gives an example of the skill of _____ and the thought called _____.

- A. gratitude, celebrating someone else's choice

or

B. organization, getting down on herself?

page 146

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

Jana saw Douwa with a shovel and a saw, and she concluded that Douwa's mind had failed and that he was trying to get his father out again. Which of the steps of decision-making could have helped her come to a more accurate conclusion?

A. Thinking more about advantages and disadvantages,

or

B. Getting more information?

page 147

The motive for an action is the reason someone does it. The women all come out, partly to be helpful. But the author tells us that Jana put "mystery" into her gesture, and some of the women "craned their necks" to see what was going on. So the author is telling us that another motive of the women, in addition to kindness, is

A. curiosity -- they want to find out what's going on.

or

B. financial -- they want to get paid for whatever they do.

page 148

Pale with fright, Janka says, "The saw is gone!" Although she doesn't say the words, "This is very bad," you can tell that she is

- A. celebrating luck,
- or
- B. awfulizing?

page 149

Jana couldn't believe what the other woman told her about the boys pushing Janus in the wheelchair, and in a way, called the other woman a liar. The other woman, after communicating that she's a little offended, goes on to give more information and ignores the provocation. The other woman uses her skills of

- A. productivity,
- or
- B. forgiveness and anger control?

page 150

When the woman says, "Oh no, isn't that the tide coming in?" she is recognizing a danger, and appropriately using the thought called

- A. awfulizing
- or
- B. celebrating her own choice?

page 151

When the woman says, "We've got to get Douwa down from that boat

before he gets cut off from the dike!" she is using the thought called

- A. learning from the experience,
- or
- B. goal-setting?

page 152

Lina is in a difficult situation, but she keeps cool as she decides what to do. She doesn't start screaming or crying or panicking. Keeping cool helped her greatly to use the skill of

- A. good decisions,
- or
- B. conservation and thrift?

page 153

All the people involved - both Lina and Douwa and the women - are very dedicated to their efforts; in different ways, they all show concern, and they all are trying to help. They all are using

- A. kindness and purposefulness,
- or
- B. gleefulness and self-discipline?

page 154

Lina does as Douwa says, and tells her mom to get back; Lina's mom does as Lina says. These are examples of

- A. productivity,

or

B. compliance?

page 155

Lina says, "I didn't know people were funny when they were old." She, like most of the other children, is overcoming a prejudice about old people. She is getting better at one of the skills of the friendship-building group, which is

A. Accurately figuring out what another person is like, and not distorting your judgments with prejudice or overgeneralization.

or

B. handling criticism?

page 156

As Lena watches the tide rising around them, she thinks, "Isn't this exciting?" She is more likely to be

A. awfulizing,

or

B. celebrating luck, celebrating her own choice, and celebrating someone else's choice?

page 157

When Jella sees Dirk and Pier talking with Janus in his back yard, Jella's emotion is

A. amazement,

or

B. disappointment?

page 158

Jella remembers the spanking that he got from Janus. Instead of feeling trusting, the main emotion he feels about Janus so far is

A. fear,

or

B. compassion?

page 159

When Janus says to Jella, "Right you are, kid. You've got something besides beef above your neck," he is doing, in his own way, one of the many types of kind acts, namely

A. giving someone a gift

or

B. giving someone a compliment?

page 160

Janus and Jella are becoming friends, despite their bad encounter in the past. They are both using

A. fantasy-tolerance,

or

B. forgiveness and anger control?

page 161

When Janus yells, "Out of the way all you mortals, Janus is coming," and when they are all yelling and laughing as they wheel him along, Janus is using one of the subskills of joyousness, called

A. Gleefulness. Playing, becoming childlike, experiencing glee, being spontaneous

or

B. Relaxation

page 162

When Janus says, about the teacher, "I think I like that man.... He goes and does things," Janus is using the thought known as

A. listing options and choosing,

or

B. celebrating someone else's choice?

page 163

Putting the rope on Janus to make sure he doesn't fall - like a seat belt - is using the skill of

A. carefulness,

or

B. gratitude?

page 164

Janus approves of the teacher because of his joke. He like his

- A. tolerance,
- or
- B. humor?

page 165

When Jella yells, "Look out you mortals in Shora," he is adopting the same gleeful shout that Janus had made, and this probably makes Janus feel closer to him. Thus, they accomplish some

- A. friendship-building,
- or
- B. conservation and thrift?

page 166

When they all grab Janus's wheelchair to make sure he doesn't fall into the canal, they're using the skill of

- A. carefulness,
- or
- B. compliance?

page 167

Janus tells a "tall tale" about his battle with the shark. The tale isn't true, but it's fun. Janus is not worried about the skill of _____ because he is rediscovering a skill that has been too absent from his life: that of _____.

- A. honesty, joyousness
- or

B. productivity, relaxation

page 168

Pier knows the true story of how Janus lost his legs, because Janus told him earlier, but he goes along with the more exciting story because he realizes that his new friend is having fun with it and is enjoying being part of a legend. Even though Pier hasn't known Janus long, he considers his new friend worthy of

A. self-discipline,

or

B. loyalty?

page 169

Even when Shora's only rake breaks, Janus doesn't get too upset, and he resolves to rig up something to get everything out of the canal. He is using

A. self-care

or

B. frustration-tolerance, or fortitude

page 170

The tin man is giving Auika a long ride in the wagon, out of a feeling of

A. gratitude,

or

B. surprise?

page 171

Both Janus and Auka have realized that the townspeople have gathered because they are worried about something. They want to go to help out, if possible. Helping out when something bad has happened is a type of

A. kindness,

or

B. conflict-resolution?

page 172

The tin man offers to give everyone a ride so they can all go to help -- another example of

A. kindness,

or

B. compliance?

page 173

The teacher and Jella are trying to make sure nothing bad happens to Janus's wheel chair. They are using the skill of

A. honesty,

or

B. carefulness?

page 174

Even the horse seems to be joining in with the sense of a goal that unites people - even he seems to have a sense of

A. purposefulness

or

B. gratitude?

page 175

Janus realizes that the horse has worked really hard, and doesn't push him to work harder. This is an example of

A. kindness,

or

B. honesty?

page 176

Janus is careful to consider several different parts of the problem - he even takes into account the goal of protecting the tin man's tin. This is a good example of

A. decision-making and thinking before acting,

or

B. pleasure from blessings and friendship-building?

page 177

The women and boys quickly took care of the task of emptying the wagon of the tin. They did some

A. conscience: feeling appropriate guilt

or

B. productivity?

page 178

Suppose someone had said, "If we waste time trying to get the wheel out now, the tide could sweep them into the ocean. If we wait until the tide goes out again to get the wheel, it will still be there and it will be safer." This person would have been doing which step of the decision process?

- A. getting more information,
- or
- B. thinking about advantages and disadvantages?

page 179

The teacher was ordered to wade into the water to help with the wheels, and he did as he was told. He's doing some

- A. compliance,
- or
- B. positive fantasy rehearsal?

page 180

When Janus so appreciates Lena's mother's kind words, he is using

- A. positive fantasy rehearsal,
- or
- B. pleasure from approval?

page 181

Jana is worried that things will not turn out OK, but she stays calm and

doesn't scream or cry. She is using the skill of

A. courage

or

B. humor?

page 182

The horse stays cool and calm in the face of danger. He is using

A. courage,

or

B. nonviolence?

page 183

Janus forms a plan for how to get the wheel out, imagining what is going to happen before it happens. He is illustrating that the decision making process usually involves some

A. imagination and positive fantasy rehearsal,

or

B. non-jealousy: tolerating someone else's getting what you want

page 184

The horse's instinct is to keep going against the tide, but with the help of the tin man's gentle soothing, the horse is able to do some

A. relaxation,

or

B. fluency?

page 185

Jella followed Janus's directions quickly, using the skill of

- A. assertion,
- or
- B. compliance?

page 186

Everyone keeps on trying even when it's hard, and they all follow each other's directions. They use

- A. nonviolence and honesty,
 - or
 - B. persistence and compliance?
- page 187

When Janus says to himself, "Hey, a man can do something now and then without a lot of legs," his thought is a form of

- A. getting down on himself,
- or
- B. celebrating his own choices?

page 188

With a storm going on that is bad enough to damage the roof of Lina's house, we get the feeling she's going to need

- A. courage and fortitude,

or

B. respectful talk and conservation?

page 189

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

When Lina realizes that the noises she heard were not living things running around, but rain coming in through the damaged roof, she is doing which step of decision-making?

A. Doing what she's decided

or

B. Understanding the situation

page 190

When Lina thinks, "The fishing fleet is in!" she is probably also thinking, "Hooray, they got back safely!" She is probably

A. awfulizing

or

B. celebrating luck?

page 191

A positive reinforcer is something that occurs after a behavior, that makes it more likely to happen again. What's a behavior, followed by a positive reinforcer, that Lina experiences on this page?

- A. Behavior is running to greet her father; reinforcer is getting a hug.
or
B. Behavior is getting into bed; reinforcer is feeling warm.

page 192

One of the first thoughts Lina has, upon awakening, is that maybe tomorrow they can put the wheel on the school. This thought is an example of

- A. goal-setting,
or
B. not getting down on herself?

page 193

Lina's mother lets Lina's father sleep because she can understand how tired he must be. This is an example of

- A. empathy,
or
B. gleefulness?

page 194

Lina's mother notices that Lina is in a hurry, and that she seems to be thinking hard about something; this is why she says, "What's your hurry, and where's your mind?" Once again she demonstrates her ability to sense what's going on with other people, which is the skill of

- A. empathy,

or

B. gleefulness?

page 195

Lina does as her mother says, and wears the storm jacket and stocking cap without arguing. She's using

A. productivity,

or

B. compliance?

page 196

Auka didn't have to celebrate Pier's comment; he could have just started talking about his experience with heavy wheels. But the fact that he first took the time to compliment Pier's idea is a good example of

A. kindness,

or

B. fortitude?

page 197

People bought things from the tin man because they were thankful for his help. This is a good example of

A. frustration-tolerance and awareness of your emotions,

or

B. gratitude and loyalty?

page 198

Lina and Jella are trying to one-up each other with how much they learned from Douwa. If we were to recommend a skill that they should practice more here, we might recommend

A. handling separation,

or

B. non-jealousy: handling it when someone else gets something that you value.

page 199

The children are worried about whether the storks survived the big storm. They can't do anything about the storm's affecting the storks as they flew over the ocean. But they can get the wheel put up, so that the storks will have a place to nest. If you think accurately about what you can control and what you can't, you are using a skill called

A. awareness of control

or

B. differential reinforcement

page 200

As demonstrated by the fact that the woman's shawl caught on fire, carrying around pots of burning coals and taking them inside may be a bad example of

A. friendship-building,

or

B. self-care?

page 201

Jella's holding the door for the women coming in from the storm was

A. positive fantasy rehearsal,

or

B. kindness?

page 202

A positive reinforcer is something that comes after a behavior that makes it more likely to occur again. What's a positive reinforcer for the townspeople that follows the behavior of going to church?

A. being able to socialize with the other townspeople,

or

B. being able to eat food?

page 203

Janus makes the children feel better because he is able to reassure them that there will be more storks coming. But he also makes them feel better by joking with them. This is a good example of

A. humor,

or

B. self-care?

page 204

When Jana tells Janus to hush, he does it, using the skill of

- A. fluency with words,
- or
- B. compliance?

page 205

The children had to accept the fact that the storm kept on going strong on Monday, and there was nothing they could do about that. They could still make other choices, though. Being aware of what you can change and what you can't is called the skill of

- A. awareness of control,
- or
- B. organization?

page 206

Lina and her father are both trying to persuade each other. They are making a case for what they want, and they are not being either passive or aggressive. This is called the skill of

- A. awareness of control,
- or
- B. assertion?

page 207

Lina figures out correctly that she had better not argue with her father any more. And he is her father and has authority. So she gives in, appropriately. The skill of giving in, backing down, letting other people

have their way is called

- A. assertion and dominance,
- or
- B. submission and conciliation.

page 208

When Dirk's and Pier's dad sarcastically teased them, "rubbing in" the fact that they had to submit to his will, Pier answered with a comment that was even more insulting. This illustrates that people tend to imitate one another with respect to

- A. respectful or disrespectful talk,
- or
- B. differential reinforcement?

page 209

When Pier suggests that the fishermen, including his father, are stubborn and lazy, his father turns his attention back to his newspaper. This is one way of handling a provocation, called

- A. ignoring,
- or
- B. nonviolent physical force?

page 210

All the children thought that they could persuade their fathers, but Eelka knew that he couldn't. It turns out that Eelka was better than the other in the skill of

A. courage,

or

B. awareness of control: predicting what you can and can't change

page 211

The other boys probably put a lot of pressure on Eelka to nag and pester his father. But he didn't give in to "social pressure." Resisting social pressure is a skill in the courage group, that we call

A. self-disclosure: telling about your own experience

or

B. independent thinking: making decisions despite others' attempts to persuade you

page 212

The children have all walked to school alone and isolated from each other, too embarrassed to socialize with each other. Someone breaks the silence by making a remark about the weather. The weather is often a safe topic that allows people to practice the skill of

A. social initiations: getting social interaction started

or

B. gratitude?

page 213

Eelka enjoys joking with the rest of the children, and passes up the opportunity to say "I told you so." This is a good example of

- A. socializing and kindness,
- or
- B. option-generating and productivity?

page 214

The teacher understands the fathers' reasoning, and encourages the children to have a healthy fear of the storm. This is a good example of

- A. gleefulness,
- or
- B. carefulness?

page 215

The teacher is trying to make the point that they can't do anything about the storm, but they can learn about multiplication, and therefore they should put their energy into what they really can do something about. He's trying to foster the skill of

- A. awareness of control,
- or
- B. enjoying aloneness?

page 216

The men decided that rather than continuing to argue with their wives, they would use the skill of

- A. assertion, dominance, winning a competition when appropriate
- or
- B. submission, conciliation, giving in when appropriate

page 217

The children are able to tell that their fathers are in a good mood because of their jokes. The men are in a good mood, rather than angry and bitter, because of their use of the skill of

- A. humor,
- or
- B. fluency?

page 218

The children don't think the joke about rolling out the storks is funny because they are thinking something like, "Maybe the storm has killed all the storks, and if so, that would be terrible!" They are

- A. learning from the experience,
- or
- B. awfulizing?

page 219

Often humor relies on pretending something. Sometimes the farther it is from what the person actually thinks or means, the funnier it is. In which case is someone pretending something for the sake of humor?

- A. When Dirk asks if there will be any storks left after the storm,
- or
- B. When Lina's dad suggests putting up a couple of sharks in a washtub rather than a wagon wheel?

page 220

People say four types of things that tend to get other people mad: commands, criticisms, contradictions, and threats. The men are "a bit peeved" at Janus. When he has seen them, he says things like, "Let it down. Now carry it flat." These are

A. threats

or

B. commands?

page 221

When Janus says, "You guys are about as helpless as the fish are," he is doing which of the four types of statements that make people mad?

A. criticism,

or

B. contradiction?

page 222

The fathers aren't too happy that Janus is taking such a lead role and directing them, but they are able to handle it. They follow his directions, and find that he knows what he's doing. The fathers use

A. fluency with words and thrift,

or

B. fortitude and compliance?

page 223

When Auka's father says that they had planned to use the beams to hold the wheel in place, Janus disagrees with that plan, saying, "You're going to have storks up there, not elephants." He's implying, "Your plan is wrong." Of commands, criticisms, contradictions, and threats, which is he doing?

- A. a contradiction,
- or
- B. a threat?

page 223

Janus describes in words a plan for what will go on, before they do it. Making a plan and going over it in imagination before actually executing the plan involves the skill of

- A. positive fantasy rehearsal,
- or
- B. empathy?

page 224

The teacher asks Janus for directions -- Janus has clearly taken charge. Even though giving commands to people sometimes makes them mad, it's also part of leadership, and the skill of

- A. assertion, dominance, sticking up for one's own way
- or
- B. submission, conciliation, giving in

page 225

A positive reinforcer is something that follows a behavior that tends to make it happen more often in the future. Words of praise or approval are called social reinforcers. Food is called edible reinforcers.

When Janus says to the teacher, "Good thing you remembered [the steel rods]," his words are a

- A. social reinforcer,
- or
- B. edible reinforcer?

page 226

There are many types of kindness. What type do the women choose to use?

- A. giving something, including food or drink,
- or
- B. teaching someone something?

page 227

Pier's and Dirk's father says something that could be taken as very insulting to Janus, and Janus responds with a very big lie. Yet the net effect is that the two men have fun and become closer friends, because they both feel that they are in on a joke together. This is part of the magic of the skill of

- A. humor,
- or
- B. compliance?

page 228

Janus appreciates the little lie about his injury. He shows Pier his

A. gratitude,

or

B. conservation?

page 229

Everyone has come to see things from Janus's point of view - they understand how he would like to be treated, as a tough old guy and not as an invalid. They have used

A. empathy,

or

B. courage?

page 230

When Lina is invited to test the sturdiness of the wagon wheel, she uses a great deal more _____ than _____.

A. conservation, joyousness

or

B. courage, self-care

page 231

The children realize how lucky they are to have their fathers there, to have such yummy treats, and to be able to spend time with their fathers all day. This is a good example of the skill of

- A. handling criticism,
- or
- B. pleasure from blessings?

page 232

Janus is even able to handle the fact that his beloved cherries have been lost or ruined. This is another example of

- A. fortitude,
- or
- B. self-care?

page 233

With such a bad storm going on, it may seem crazy that the villagers have risked so much, just for the sake of trying to attract storks to the village. But their working together has not just been for that -- it has created a sense of fellowship and community and closeness between people. The goal of helping the storks has really been about

- A. awareness of control,
- or
- B. friendship-building?

page 234

The fishermen are feeling irritated about being cooped up in their houses. If they had thought something like, "We could all get together at the church building and have fun together, or we could figure out ways of protecting ourselves while outside, or we could visit each other's houses more..." they would have used the part of the decision process

called

- A. considering advantages and disadvantages,
- or
- B. listing options?

page 235

Suppose that Lina's dad had decided to practice for the time that he was feeling cooped up and irritable. Suppose he would have thought, "I'm getting the urge to push the dominos off the table. Hooray, I caught it at the urge stage! What alternative is better -- I think, going outside, even in the storm. Good for me, I did the alternative!" This would have been an example of

- A. positive fantasy rehearsal of fortitude and anger control,
- or
- B. friendship-building?

page 236

When the wind changes, the fishermen probably think something like, "Hooray! The storm is starting to finish up!" That thought is

- A. not getting down on themselves,
- or
- B. celebrating luck?

page 237

They got only one copy of the newspaper, for everyone in the village to share. Compared to everyone getting their own copy and reading it once,

this represents

- A. conservation and thrift,
- or
- B. independent thinking?

page 238

Fears and worries are called realistic if there is real danger, and unrealistic if there is not. The children had already been worried about how the storm would affect the storks. The newspaper seemed to give evidence that their fears and worries were

- A. unrealistic
- or
- B. realistic?

page 239

Auka does not face the bad news about the storks in the newspaper alone, but shares it with the other children. This is probably a good decision, because people can support each other when bad things happen. They can in such a case do the type of kind act known as

- A. helping someone with a physical job
- or
- B. consoling someone when something bad happens?

page 240

Steps in decision-making are understanding the situation, deciding on your objective, getting more information, listing options, considering

advantages and disadvantages, deciding, doing what was decided on, and learning from the experience. Janus seems to know a lot about storks. They are going him partly for which step in the decision process?

A. Getting information,
or

B. thinking about advantages and disadvantages?

page 241

Janus makes a very organized and convincing speech. The skill of using words well to accomplish your goals is called

A. verbal fluency, or fluency with language
or

B. courage?

page 242

Janus is encouraging the children to be careful whom they trust with what information. He is trying to use (along with some courage)

A. social initiations,
or

B. discernment and trusting?

page 243

The children ponder that Janus was a fisherman for many years and that he studied the storms and their effects, and that he has studied birds for a long time. They are thinking that he probably has done a lot of

- A. getting down on himself,
- or
- B. learning from his experience?

page 244

A positive reinforcer is something that happens after a behavior, to make it more likely to happen again. Which are positive reinforcers that make Eelka more likely to talk to Janus?

- A. The hot chocolate milk, and Janus's words to him, "Now that's thinking."
- or
- B. There are no positive reinforcers for Eelka.

page 245

When they see what Janus has done, they get another positive reinforcer for having come to visit him. They are reinforced by getting to see, on his living room table, the results of his

- A. productivity,
- or
- B. fluency with words?

page 246

Earlier in their decision process, they could have thought: "We could look for wagon wheels. Or, we could build things that are just as good as wagon wheels for storks to build nests in. The good thing about the second idea is that scrap wood and metal are lots easier to find than wagon wheels." Which two parts of the decision process would this have been?

- A. doing what they decided, and learning from the experience,
or
- B. listing options, and thinking about advantages and disadvantages?

page 247

In planning where the wheels will go, Lina remembers Grandma Sibble and Douwa's help. And in instructing the children to go home, Jana understands that their moms are probably worried. They are both using

- A. loyalty and empathy,
or
- B. conscience and honesty?

page 248

The fisherman leave early, so that the tide won't go out and leave their boats with no water underneath them. They have planned ahead, and are showing one of the subskills of good decisions, called

- A. pleasure from approval,
or
- B. thinking before acting?

page 249

The children are very used to the fact that their fathers have to leave often, and they handle their fathers' leaving with little emotion. They've had lots of practice at

- A. option-generating,

or

B. handling separation?

page 250

The farm workers are finishing a 4-hour-shift of working, at 8 am. To get up out of bed and start working by 4 am usually takes a lot of

A. self-discipline,

or

B. honesty?

page 251

The children's laughter as they race each other to school suggests that rather than intensely competing for dominance, they are just enjoying running and chasing, and using their skills of

A. respectful talk,

or

B. joyousness?

page 252

We get the sense from this page that a very young child is going to have access to a high tower. When young children are in high places, there is reason for

A. unrealistic worry,

or

B. realistic worry?

page 253

When Jan saw the open tower door, his main emotion was

- A. sadness,
- or
- B. curiosity?

page 254

Linda was scared that the teacher would hear them. She got Jan to be quiet. It turns out that her fear of the teacher's knowing that they were there was

- A. a realistic fear,
- or
- B. an unrealistic fear -- in fact she should have feared the opposite.

page 255

Particularly because Jan is so scared, Linda is trying to be calm and strong. She is trying to use

- A. courage,
- or
- B. productivity?

page 256

They hold hands with each other, in an instinctive way of showing their _____ to each other.

- A. productivity,
- or
- B. loyalty

page 257

Linda kicks off her shoes in an attempt to make Jan feel better. This is a good example of

- A. self-care,
- or
- B. kindness?

page 258

Jan is much happier when they reach the clock loft. He is amazed and thrilled to see all the machinery of the clock. He shows the skill of

- A. pleasure from discovery,
- or
- B. option-evaluating?

page 259

Jan was starting to obey Linda as if she were his mother. But when she tells him to come out from under the bell, he says, "I don't want to." He's probably not sure whether with another child he should use the skill of

- A. compliance,
- or
- B. joyousness?

page 260

Linda feels guilty about having lied to Jan. She has the skill of

- A. positive fantasy rehearsal,
- or
- B. conscience

page 261

Linda and Jan are happy to see the storks, even though they are locked in the building. They are using their skills of

- A. productivity and conservation,
- or
- B. courage and joyousness?

page 262

page 262

The teacher mentions that the school children can go out in all directions to look for the lost tots. This type of thought is

- A. awfulizing,
- or
- B. listing options and choosing?

page 263

Lina feels angry at Jella for losing sight of the purpose of their search party and talking about the storks. But she says nothing. Later (on the next page) when he talks about the lost children, she responds. She

handles the provocation by ignoring the behavior she doesn't like, and reinforcing the behavior she likes. This is called

- A. moving away from the provoking person,
- or
- B. differential reinforcement?

page 264

Jella realizes that when he brings up the possibility that the children have drowned, he makes Lina feel bad, and tries to undo his mistake. He shows his

- A. conscience,
- or
- B. positive fantasy rehearsal?

page 265

When Lina sees that the white things she saw in the water were storks and not one of the two children, her main emotion is one of

- A. fun,
- or
- B. relief?

page 266

Jella is almost crying because he now thinks that the story in the newspaper was right, and that Janus was mistaken. He probably thinks that this is really bad. He most likely is

- A. awfulizing,
- or
- B. celebrating luck?

page 267

When Linda says to Jan, "Don't be afraid; Linda will hold you up," she is using a couple of many ways to be kind. She is

- A. speaking comforting words, and taking care of someone,
- or
- B. paying someone a compliment?

page 268

Lina comes up with a good way of letting everybody know where Linda and Jan are. This is a good example of

- A. option-generating,
- or
- B. frustration-tolerance?

page 269

Linda probably mistakenly predicts the emotion that their mothers will feel as _____, when it probably will be huge _____.

- A. compassion, sadness
- or
- B. anger, relief

page 270

Jella and the teacher try to reassure Linda and Jan by giving them piggy-back rides in helping them down. This is

- A. self-discipline,
- or
- B. kindness?

page 271

Linda thinks something like, "I want to tell Lina about the live storks, the first chance I get." This thought is

- A. not blaming someone else,
- or
- B. goal-setting?

page 272

Jella wants to show the teacher the dead storks, because the evidence provides some _____ about their mission.

- A. information
- or
- B. courage

page 273

When Auka starts to listen to Jan, he repeats something he heard Jan say earlier, to make sure he heard it right: he says, "Storks in the sea!" He could have said, "You're saying there are live storks in the sea?" This way of listening is called a

- A. facilitation,
- or
- B. reflection?

page 274

With the news that the tots saw live storks at sea, the emotion that Auka and Jella feel is

- A. anger,
- or
- B. excitement?

page 275

Almost as soon as Auka and Jella think about going up to the tower to search for the storks, they carry it out. They don't take much time to use the decision-making skill of

- A. thinking before acting,
- or
- B. pleasure from their own acts of kindness?

page 276

Auka comes to the conclusion that one of the storks may be stuck in the sand, and decides that they should go out in a dinghy (which is a little boat) to rescue the stork. He is thinking of a type of kind act toward the stork, which is

- A. looking out for someone's health or safety,

or

B. teaching someone something useful?

page 277

Even in all the excitement, Auka takes a moment to recognize his appreciation for Janus. This is a good example of

A. gratitude,

or

B. humor?

page 278

Auka is able to realize that it's more important that they get the dinghy out than that they remember him. Even though he would have liked to be on the boat, he doesn't feel bad that the others get to. He's using the skill of

A. magnanimity, or non-jealousy: handling it when someone else gets something you'd like to have,

or

B. habits of self-care?

page 279

The teacher and Dirk and Eelka didn't forget Auka after all. This is another example of

A. kindness,

or

B. self-care?

page 280

Pier is getting seasick, but he doesn't complain, and he doesn't ask people to deviate from their mission. He's using the skill of

A. fortitude,

or

B. self-disclosure?

page 281

The tired teacher expresses his appreciation of Jella's hard work when he says you can tell he's a fisherman's son. This is another example of

A. conservation,

or

B. gratitude?

page 282

A positive reinforcer is some wanted event that occurs after a behavior to make the behavior more likely to occur in the future. What is a behavior and positive reinforcer that happens on this page?

A. behavior is following Janus's instructions; reinforcer is reaching the sand bar

or

B. behavior is rowing in wavy water; reinforcer is Pier getting seasick

page 283

If Pier is not an excellent swimmer, taking this risk to save the storks is not such a great example of

- A. nonviolence
- or
- B. self-care?

page 284

Pier was able to save the storks and to save himself, despite the fact that there was great danger. He used his skills of

- A. courage,
- or
- B. honesty?

page 285

Pier is angry that Janus got him into such a dangerous situation, walking on a sandbar that was sticky and not solid. Janus acknowledges that he made a mistake, by saying, "I guess I didn't figure with the storm." He has to use a subskill of honesty, called

- A. thrift,
- or
- B. awareness of your own abilities: being honest in assessing your strengths and weaknesses

page 286

When Pier says, "We've got two storks" this is a first sign that the children are calming down enough to celebrate their success. This is an

example of

- A. pleasure from accomplishment,
or
- B. pleasure from approval?

page 287

Douwa realizes how important it is to get ladders, and he guesses that Janus won't mind if they use his, even if it means breaking the door; he knows how much Janus cares about this. It looks like Douwa has used

- A. a rational approach to decision-making,
or
- B. fantasy-tolerance?

page 288

Dirk and Auka get the ladders set up, under Douwa's direction. They are using

- A. positive fantasy rehearsal and conservation,
or
- B. productivity and compliance?

page 289

Douwa isn't worried about the fact that it may be against the rules to bury the storks in the churchyard. But as we find out on the next page, he has a reason to want to bury the dead storks quickly. He is more concerned with _____ than with _____.

- A. purposefulness, compliance
- or
- B. positive fantasy rehearsal, loyalty

page 290

When Douwa explains his reason for wanting the dead storks buried, Auka and Dirk probably think something like, "We want to do our digging job so that the storks will stay in Shora!" This type of thought is

- A. getting down on themselves,
- or
- B. goal-setting?

page 291

Janus demands that someone divert their attention from the storks long enough to anchor the boat on the dike, get him out of the boat, and get him into his wheelchair. Do you think that these requests represent

- A. too much entitlement,
- or
- B. reasonable expectations?

page 292

Janus answers the question of whether to warm the storks up first by trying to imagine what he would want if he were a stork. He is using the skill of

- A. empathy -- seeing things from someone else's point of view
- or

B. self-care -- having healthy habits

page 293

Douwa tells Janus about breaking the door to his shed. Douwa is using the skill of

- A. self-care,
- or
- B. honesty?

page 294

When Pier and Jella jump to follow Janus's orders, they are again using the skill of

- A. respectful talk,
- or
- B. compliance?

page 295

Even though Jella is getting pecked by both birds, he keeps their interests at heart and tries to take care of them. He is using skills of

- A. pleasure from discovery,
- or
- B. forgiveness and anger control?

page 296

When one stork lovingly runs his beak along the neck of his mate, and we assume they both enjoy touching one another, they are using the skill

of

A. pleasure from affection,

or

B. pleasure from accomplishment?

page 297

Getting one twig seems to be the stork's way of saying, "We want to build our nest here." Even though the stork doesn't have words to think this with, we can still view it as the thought called

A. not blaming someone else,

or

B. goal-setting

page 298

Even though the goal of having storks in Shora is what they have been striving for, and have now accomplished, the more important goal is that the people in the community have grown much closer to one another. Particularly, the old people and the young people have developed deep relationships. Uniting in a common purpose allowed them to accomplish the goals of

A. habits of self-care,

or

B. friendship-building?

Questions on *Gladstone Comic Album #6: Uncle Scrooge in "Land Beneath the Ground"*

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page 1. When Scrooge says, "I'm going to see what can be done to protect my money from earthquakes," is that thought

A. goal-setting,

or

B. getting down on himself?

page 2. When Scrooge says, "Say! That's a swell idea!" is that way of listening

A. a facilitation,

or

B. positive feedback?

page 3. When the men decided not to go back underground because they had heard voices coming from the big hole, was that closer to the skill of

A. courage,

or

B. self-care?

page 4. When Scrooge asks one of the boys to start the hoisting motor, and he replies, “Yes, Unca Scrooge,” is that the skill of

A. compliance,

or

B. friendship-building?

page 5. When the boys decided to get into another car to go and rescue Donald and Scrooge, was that an example of the skill of

A. joyousness,

or

B. courage?

page 6. When the boys decided to bring along poles to jam the wheels and slow down the car in case anything went wrong, that was an example of the skills of

A. good decisions and self-care,

or

B. friendship-building and loyalty?

page 7. When one of the boys says, “Who are they, and how do they get around,” he could have said, “I want to figure out who these people are and how they get around.” This type of thought is

A. goal-setting

or

B. not awfulizing?

page 8. The boys landed unhurt, and found an amazing land beneath the ground. If one of them had said, “Hooray! We didn’t get hurt, and we see an amazing land!” would that thought have been

A. celebrating luck,

or

B. listing options and choosing?

page 9. When one of the boys says, “Thank goodness! You’re not in serious trouble!” is that type of thought

A. awfulizing,

or

B. celebrating luck?

page 10. When Donald says, “You kids and your bright ideas!” is he

A. not awfulizing,

or

B. blaming someone else?

page 11. When Scrooge calls the Fermy a “balled-up humbug,” that was an example of how NOT to do

A. respectful talk,

or

B. conservation?

page 12. When Scrooge asks, “How do you know so much about our caverns?” that was a way of listening known as a

A. reflection,

or

B. follow-up question?

page 13. When Scrooge asks, “What do you do in this game,” that was a way of listening known as a

A. facilitation,

or

B. follow-up question?

page 14. When one of the boys says, “Let’s go see what caused it,” he could have said, “I want to find out what caused the earthquake.” That thought was

A. goal-setting,

or

B. not awfulizing?

page 15. When the little terries cry and say, “We tried so hard, and all we got was a snicker from the radio,” they seem to be thinking, “That is really bad!” This type of thought is

A. listing options and choosing,

or

B. awfulizing?

page 16. When the Fermies tell about winning the trophy, they sound proud of themselves. They are

A. celebrating their own choices,

or

B. getting down on themselves?

page 17. When Scrooge says, “I’ve just figured out two ways to prevent this earthquake from happening,” he feels that he has been using the skill of

A. honesty

or

B. good decisions?

page 18. There’s a skill that makes for much happiness in real life, despite the fact that most stories would be more boring if all the characters were experts in it. Suppose that the ducks and the terries and fermie could have made a deal that there wouldn’t be an earthquake in Duckburg, the ducks would keep the secret of the Land beneath the ground, the Terries and Fermies would help the ducks out of the mine shaft, and Scrooge would close up the mine shaft so no one else could get down there. This would have solved the conflicts, despite the fact that the story would have been less interesting. Coming to a deal like this would have been a good example of the skill of

A. good joint decision-making, or conflict resolution,

or

B. fortitude?

page 19. When one of the boys says, “Why didn’t you do that in the first place instead of making poor Unca Donald swim half way back from China,” that was an example of the thought called

A. celebrating someone else’s choice,

or

B. blaming someone else?

page 20. When one of the boys says, “We must get the trophy and be far up the slide before he knows it’s gone,” that is an example of the thought called

- A. goal-setting,
- or
- B. learning from the experience?

page 21. When Donald says, “Uh oh! Here comes trouble!” that is a mild form of

- A. awfulizing,
- or
- B. getting down on himself?

page 22. When the boys look up information on how to solve their desperate dilemma, they are getting information. Getting information that helps you figure out what to do is very central to the skill of

- A. good decisions,
- or
- B. honesty?

page 23. When the Terries and Fermies shout, “One more shove! Rah, Rah Rah!” it sounds as though they are having a good time. This is an example of the skill of

- A. self-care,
- or
- B. joyousness?

page 24. If the man in the bathtub had said to himself, “I don’t like this,

but at least the roof isn't falling in on me," that thought would have been

A. celebrating his own choice,

or

B. not awfulizing?

page 25. When Donald says, "Oh boy! We made it!" he is probably

A. celebrating luck and celebrating their own choices,

or

B. awfulizing?

page 26. When Scrooge says, "I'm ruined! I'm only a poor old man!" he is

A. celebrating luck,

or

B. awfulizing?

page 27. When the Terry or Ferny says, "There's a way we can do it that'll make it fun!" he is trying to use the skill of

A. self-care,

or

B. joyousness?

page 28. When Scrooge says, "It's money! I can hear the jingle!" he is

A. celebrating luck,

or

B. not awfulizing?

page 29. Suppose that Scrooge had said, “Let me make sure I understand, professor. Your calculations show that we’re not going to have more earthquakes for a long time?” That way of listening would have been

- A. a reflection,
- or
- B. a follow-up question?

Pipeline to Danger

page 1. When the boys proudly say, “Our Unca Scrooge commands whole fleets of ships and huge crews of men,” they are

- A. celebrating someone else’s choices,
- or
- B. getting down on themselves?

page 2. When Scrooge says, “Have the fleet loaded by eight bells!” and the workers obediently say, “Aye, aye, sir!” they are using the skill of

- A. compliance,
- or
- B. positive fantasy rehearsal?

page 3. When Scrooge says, “That crater seems to have been built especially for me!” he is

- A. listing options and choosing,
- or
- B. celebrating luck?

page 4. When one of the boys speaks about feeling useless, he is probably

- A. getting down on himself,
- or
- B. celebrating someone else's choice?

page 5. When the little duck creatures help themselves to souvenirs from the stuff that belongs to Scrooge, that is really stealing, and thus not a good example of the skill of

- A. loyalty,
- or
- B. honesty?

page 6. When Scrooge finds out that someone has been in the camp, he thinks of two things to do: look for their tracks, and phone for spare parts. He could have also looked around some more. He could also phone not just for spare parts, but for other people to help out. His thought process about what to do is called

- A. listing options and choosing,
- or
- B. getting down on himself?

page 7. There's a skill that would make most stories less interesting, despite the fact that it makes people much happier when used in real life. Suppose that the ducks who lived in the crater had simply sat down with Scrooge and told him that they lived there, and that for that reason he couldn't fill up the crater, and they had worked out something satisfying to all. That would have been using the skill of

A. self-discipline,

or

B. joint decision-making, or conflict resolution?

page 8. When the boys decide not to panic, and speak of getting fire extinguishers, getting shovels, and saving supplies, they are

A. listing options and choosing,

or

B. awfulizing?

page 9. If Scrooge had said, “Hooray! We saved the welding tools and most of the big stuff!” he would have been

A. not awfulizing,

or

B. celebrating their own choices?

page 10. When the little duck says, “Wise, wise were we scouts that we stayed out for one more look!” he is

A. celebrating their own choices,

or

B. learning from the experience?

page 11. When Donald speaks of sand being in the pipe, and says, “We’ll have to blow it out again,” he is

A. goal-setting,

or

B. getting down on himself?

page 12. When Scrooge offers to stop the pumping of the oil if he is let go, he is proposing an option and trying to make a deal. These are things that people do when they use the skill of

- A. joint decision-making, or conflict-resolution,
- or
- B. joyousness?

page 13. When Scrooge says, “Now to get back to the pipe before those pigmies recover from their awe!” he is

- A. goal-setting,
- or
- B. blaming someone else?

page 14. When Scrooge thinks of climbing over the wall, and then thinks of sending up a smoke message, he is trying to figure out what to do. He is trying to use the skill of

- A. positive fantasy rehearsal,
- or
- B. good decisions?

page 15. When the little duck, facing death from the oil, says, “We can face it, big operator!” he is saying something that means almost the same as “We can take it!” This is something people often say when they are

- A. blaming someone else,
- or
- B. not awfulizing?

page 16. If Donald had said to the boys, “So you’re saying you think Uncle Scrooge went through the pipe, and is on the inside of the crater?” that way of listening would have been a

A. facilitation,

or

B. reflection?

page 17. Scrooge helped the residents of Casbah Crater by bringing them good soil and plentiful water. He said he did it just to prove to them that he was a big operator. Still, his actions were an example of the skill of

A. self-care,

or

B. kindness?

Questions on *Disney Presents Carl Barks' Greatest Duck Tales Stories, Volume 2*

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page 1

When Uncle Scrooge gives Donald a slapstick kick down the stairs (which according to the rules of slapstick, doesn't injure him in the slightest), this is a bad example of which skill?

- A. respectful talk,
- or
- B. nonviolence?

page 2

The people in the park look as if they are feeling which emotion?

- A. fear,
- or
- B. sadness?

page 3

When the people have eggs fall on them, we get a preview of one of the themes of this work of literature. A “theme” is a message that the story

sends. One of the messages has to do with the skill of carefulness, and it is that

A. When there is great power, there is usually also great danger.

Or

B. You should not count your chickens before they are hatched.

page 4

When the scientist tried to give the girl's doll back to her, he was trying to use the skill of

A. courage,

or

B. kindness?

page 5

In cartoons and many other stories, getting “knocked out” is only temporary. In real life, getting a concussion can have effects that last the rest of one's life. To protect oneself very carefully against anything that could result in a concussion is part of the skill of

A. self-care,

or

B. friendship-building?

page 6

When Scrooge says, “Oh, Oh! My worst fears are realized already!” this thought is an example of

- A. goal-setting,
- or
- B. awfulizing?

page 7

When the head guard says, “Protect the man-robots,” he could just as well have said, “Our number one priority is to keep them from getting the remaining man-robots!” This type of thought is

- A. celebrating luck,
- or
- B. goal-setting?

page 8

Suppose Scrooge had thought, “Let's see: I could try to bargain with them, or I could just run away, or I could try to hire some people to enforce the law, or I could shoot a cannon at them. I'll choose the cannon.” Which of the 12 thoughts would this have been an example of?

- A. listing options and choosing,
- or
- B. not getting down on himself?

page 9

On this page again the author shows us that the mayor is more interested in the money that the man-robots cost than he is in enforcing the law. The police are more interested in making sure that the law is followed, which relates to the skill of

- A. compliance,
- or
- B. friendship-building?

page 10

The Beagle Boys try putting their hands through the windows, using sledge hammers, and then lifting up the vault and slamming it on the ground. They have been using the thought called

- A. not getting down on themselves,
- or
- B. listing options and choosing?

page 11

Suppose that one of the ducks had thought to himself, “It is amazing that I was not killed by the avalanche of money or being dumped out of the bucket! Hooray that I'm still alive!” This thought would have been

- A. learning from the experience,
- or
- B. celebrating luck?

page 12

When the Beagle Boys dance the Watusi at the country club in celebration, they demonstrate that even though they are very bad at the skills of honesty and kindness and compliance, they do have some skills of

- A. joyousness,

or

B. nonviolence?

page 13

When Scrooge says, “I want to go in head-on and fighting,” that thought is an example of

A. goal-setting,

or

B. learning from the experience?

page 14

For Scrooge to take off in a plane he's never been on before is an action that if carried out in real life rather than a cartoon, would be more of

A. a good example of courage,

or

B. a bad example of self-care?

page 15

When Scrooge thinks, “Oh, Oh!” as he sees that his plane is about to get swatted out of the air, that's short for thinking something like, “Oh, something really terrible is about to happen!” This type of thought is

A. awfulizing,

or

B. not blaming someone else?

page 16

If the duck boy had thought to himself, “Hooray! I'm glad I searched through my memory for the weakness that one of the Beagle Boys has,” that thought would have been

- A. celebrating his own choice,
- or
- B. learning from the experience?

page 17

A positive reinforcer is a reward that comes after a behavior, that makes the behavior more likely to occur the next time. What is the behavior that the duck boy figures has been reinforced in the past in the Beagle Boy by getting to eat prunes?

- A. going toward the smell of prunes,
- or
- B. cleaning up the plate where the prunes were?

page 18

It would spoil the excitement of a big fight if Scrooge and the Beagle Boys could have just talked and figured out a way that all the problems could be solved. It's for this reason that in entertainment you don't see many really excellent examples of

- A. courage,
- or
- B. nonviolence and joint decision-making?

page 19

The mayor directs the army to capture the Beagle Boys and not worry about the expense of the robots only when he feels that the Beagle Boys have personally insulted him. Up until then, his worries about money, which have to do with the skill of _____, got in the way of his making good choices, the skill of _____.

A. conservation; good decisions

or

B. joyousness, friendship-building?

page 20

A desired event is usually a reinforcer, and an undesired event is often a punishment. (A positive reinforcer is getting something you like; a negative reinforcer is getting rid of something you don't like!) In the happy ending to the story, the man-robots are all destroyed. Because they caused so many problems, the destruction of the man-robots is, for the people of Duckburg, more of a

A. reinforcer, (and a negative reinforcer because it gets rid of something they don't like)

or

B. punishment?

page 21

When Scrooge says, "My coat will be fancier than any in the world," that is the thought called

A. goal-setting,

or

B. getting down on himself?

page 22

When Scrooge says, “That's right! I hadn't thought of that!” he is using one of the four ways of listening, called

A. a reflection,

or

B. positive feedback?

page 23

Donald shows Uncle Scrooge his way of hiding, in an attempt to help Scrooge get away from whatever he is fleeing. In being helpful, Donald is using the skill of

A. kindness,

or

B. compliance?

page 24

When Scrooge says, about the gold yarn, “Where does it come from,” he's using one of the four ways of listening, called

A. A reflection,

or

B. a follow-up question?

page 25

When the mysterious stranger says, “How very fortunate that we should meet,” she is using a type of thought called

- A. celebrating luck,
- or
- B. not getting down on herself?

page 26

The fact that the group of people on the boat start to call themselves sisters and daughters but then change to brothers and sons suggests that they are not full subscribers to the skill of

- A. honesty,
- or
- B. loyalty?

page 27

When Scrooge says, “I didn't come here to be sniffed at! I came to talk business!” he is sticking up for what he wants and making his wishes known very clearly. This is part of the skill of conflict-resolution, and it is called the skill of

- A. assertion or assertiveness,
- or
- B. giving in to what the other wants?

page 28

When Donald says, “I'll stay near him and do my best to keep him from going on that wild voyage,” he is using the thought of ____ and the skill

of _____ to his uncle.

A. goal-setting; loyalty

or

B. getting down on himself; productivity

page 29

The skill of decision-making involves several parts, remembered by the words SOIL ADDLE: being aware of the Situation, deciding on your Objective, getting Information, Listing options, thinking of Advantages and disadvantages, Deciding, Doing what was decided, and Learning from the Experience. When one of the duck boys consults the Junior Woodchucks guidebook to learn more about Colchis and the golden fleece, he is

A. thinking of advantages and disadvantages,

or

B. getting more information?

page 30

When Uncle Scrooge turns cartwheels thinking about the golden fleece, he is using the skill of _____ when he should be spending more energy in the skill of _____.

A. conservation; courage

or

B. joyousness; good decisions

page 31

When someone is hit in the head hard enough that the person “sees stars,” the person has often had an injury to the brain, that could be quite problematic for a long time. If Donald had thought to himself, “I’m lucky to be a character in a comic, where head injuries are totally temporary,” that thought would have been

- A. goal-setting,
- or
- B. celebrating luck?

page 32

A positive reinforcer is a reward that makes a behavior more likely to occur again. When Scrooge sees the larkies throw the gold out the window, he may realize that

- A. gold is not a reinforcer that he can use to influence them,
- or
- B. gold is a very strong reinforcer that he can use to influence them?

page 33

From the fact that Donald's and Scrooges hats fly off their heads and their mouths drop open in the first picture on the page, we know that the emotion they are feeling is

- A. relief,
- or
- B. surprise?

page 34

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for reviewing and describing and understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

When the boys say things like, "Colchis is clear on the other side of the world," "It costs thousands of dollars to travel that far," and "We're broke," they are doing which stage of the decision process?

- A. reviewing and describing and understanding the situation,
- or
- B. doing what they've decided?

page 35

A positive reinforcer is something that comes after a behavior, that makes the behavior more likely to happen again. The reinforcer strengthens the behavior more, the more the person believes that the behavior caused the reinforcer to be gotten. The bars of gold are a powerful reinforcer. Which behavior do you think it reinforces more?

- A. investigating shiny objects,
- or
- B. diving off random docks?

page 36

Four ways of speaking that often create a negative or unpleasant emotional climate are commands, criticism, contradictions, and threats. When Scrooge says, "There is no golden fleece," and the larkie says, "Oh, yes there is! Hee! Hee! Hee!" they are each saying that what the

other said was false. Thus they are _____ each other.

A. contradicting

or

B. commanding

page 37

When Scrooge says, "Let me out of here before I forget that you are ladies," he is using which two of the ways of speaking that often create an unpleasant emotional climate?

A. contradiction and criticism,

or

B. command, with a vague threat

page 38

When Scrooge says, "What an awful predicament I've gotten us into," he is not only awfulizing, but also briefly

A. celebrating someone else's choice,

or

B. getting down on himself?

page 39

The motive of an action is the reward someone is wanting to get, the punishment one is wanting to avoid, by doing the action. On this page we find out the motive of the larkies in kidnapping Scrooge. What is it?

A. To get his money,

or

B. To let him be the judge as to who is the best cook of the larkies?

page 40

Since Scrooge is being held prisoner, he is much more concerned with escaping than with making sure the cooking contest is fair and free of deceit for all the Larkies. He puts a higher priority on the skill of _____ than the skill of _____.

A. self-discipline, productivity

or

B. self-care, honesty

page 41

When Scrooge finds out that the dish he has made a deal to eat completely is the food he hates the most in all the world, he falls backward off his chair. This is a slapstick way of communicating that he is

A. awfulizing,

or

B. celebrating someone else's choice?

page 42

When Scrooge not only eats all the parsnip pudding, but acts as if he loves it, he uses the skills of

A. positive fantasy rehearsal and productivity,

or

B. self-discipline and fortitude?

page 43

When Donald says, "I hope this cushy deal isn't a trap," he starting to do just a little of a part of the decision-making process that Scrooge seems to be avoiding. That part is

A. doing what was decided,
or

B. considering advantages and particularly disadvantages of options?

page 44

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience.

When Donald says, "We've been tricked into an ambush," and Scrooge says, "Get back to the tunnel, quick!" they are using which two parts of the decision process?

A. understanding the situation and listing an option,
or

B. considering advantages and considering disadvantages?

page 45

When one of the boys says, "Don't aim to hit 'em -- just scare 'em!" he is revealing his commitment to

- A. loyalty,
- or
- B. nonviolence?

page 46

The boys want not to hurt the Larkies or to put them in any real danger, but just to scare them. In the silly solution to the problem they are facing, they luck onto something that is not dangerous to the Larkies, but that the Larkies are very afraid of. When there is lots of fear but no danger, we call that

- A. a realistic fear,
- or
- B. an unrealistic fear?

page 47

The boys have rescued Scrooge from the Larkies and guided him to the golden fleece. But, as when they save the day at other times, Scrooge does not seem to use the skill of

- A. joyousness,
- or
- B. gratitude?

page 48

Scrooge goes running out, not listening to the boys' advice not to go so fast so that they won't miss a turn. Scrooge could use more of the skill of _____, although the plot would be less entertaining if he did so.

- A. thinking before acting,
- or
- B. courage?

page 49

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience. When the boys consult the Junior Woodchucks' Guidebook to figure out what to do, they are giving us a classic example of

- A. getting information,
- or
- B. figuring out their objective?

page 50

When they say things like, "He's got us trapped in a one-door cubby hole," and "What's more, he's the sleepless dragon," they are doing which part of the decision process?

- A. understanding the situation,
- or
- B. figuring out their objective?

page 51

When Dewey says, "Lucky me! This goof's backbone is built like a

scaling ladder," he is

- A. celebrating someone else's choice,
- or
- B. celebrating luck?

page 52

After the boys have saved Scrooge one more time, the story ends, not with his rewarding them or thanking them, but with his complaining about how cold his golden coat is. He is doing a mild form of

- A. celebrating someone else's choice,
- or
- B. awfulizing?

page 53

The advertisement, like most advertising, tries to set up an association between a behavior and a certain pleasant feeling. The behavior is subscribing to the coming, and the pleasant feeling is the emotion that Mickey shows in the picture. What emotion does this appear to be?

- A. pleasure and fun,
- or
- B. determination?

page 54

The picture of the ice cream cone also tries to associate something pleasant with the idea of getting a product. If someone were trying to

lose weight and were very hot and hungry, resisting the ice cream cone on this page would take the skill of

- A. loyalty,
- or
- B. self-discipline?

page 55

There are several steps in making decisions, that can be remembered by the words SOIL ADDLE. The letters in these stand for understanding the Situation, figuring out your Objective, getting Information, Listing options, considering Advantages and disadvantages, Deciding, Doing what you've decided, and Learning from the Experience. When Scrooge asks, "Just who are you, sir?" he is trying to do which step in the decision process?

- A. getting information,
- or
- B. considering advantages and disadvantages?

page 56

If Seafoam McDuck had not been so trusting, and had gotten his spectacles and read the small print, he would have done a better job of which skill?

- A. Discernment and Trusting. Accurately appraising others. Deciding what someone can be trusted for and trusting only when appropriate.
- or
- B. Loyalty. Tolerating and enjoying sustained closeness, attachment, and commitment to another.

page 57

When Scrooge says, "And so because my ancestor wouldn't give your ancestor a set of gold teeth, I have to give you everything I own," he is restating what he understands the other person to be communicating. He is using the method of listening which is called a

- A. facilitation,
- or
- B. reflection?

page 58

When Scrooge says, "I have to deliver the original case of horse-radish to Jamaica," he is using the thought called

- A. not awfulizing,
- or
- B. goal-setting?

page 59

Scrooge is the world's richest duck, and yet it pains him to have to agree to pay his nephews thirty cents an hour to help him save his fortune. He overdoes what most people don't use enough, the skill of

- A. conservation and thrift,
- or
- B. courage?

page 60

When Scrooge informs Donald that a fathom is 6 feet rather than an inch, the fact that he is chasing Donald while brandishing his cane gives us a slapstick clue that he is thinking what kind of thought?

- A. celebrating luck,
- or
- B. blaming someone else?

page 61

As Donald observes the various wrecks, and as he comes to a place with no fish at all, what emotion does he seem to feel the most?

- A. disgust,
- or
- B. curiosity?

page 62

Donald finds a chest of treasure, but Scrooge's reaction is

- A. celebrating someone else's choice,
- or
- B. blaming someone else?

page 63

Donald notices that the fish don't go near horse-radish. This enables him to do a crucial step in the decision making process, but only because he is open to noticing it, being aware of it, and realizing what it means. That step is

- A. getting information,
- or
- B. doing what was decided?

page 64

When Donald finds the horse-radish and says, "Well! It looks as though he's going to be proved wrong!" he also has reason to think, "Hooray, I figured out something really smart!" This thought would be

- A. celebrating luck,
- or
- B. celebrating his own choice?

page 65

When Scrooge says, "I still have to deliver that case to the customs house in Jamaica," this thought is

- A. not blaming someone else,
- or
- B. goal-setting?

page 66

When Scrooge asks Dewey to radio for a tug boat, Dewey says, "Aye aye, sir," and does so right away. Dewey is using the skill of

- A. assertion,
- or
- B. compliance?

page 67

Donald is aware that the wind can tear the sails, but Scrooge is focused only on saving his fortune. Donald is concerned with the skill of _____, whereas Scrooge is focused on _____.

- A. self-care, conservation and thrift
- or
- B. joyousness, positive fantasy rehearsal

page 68

In continuing to try to sail through the hurricane, Scrooge shows that while he has ample skills of _____, he is not doing very well at _____.

- A. courage, good decisions and self-care
- or
- B. friendship-building, loyalty and nonviolence?

page 69

Chisel McSue says, "He can't cheat me out of his fortune!" Is Chisel McSue's feeling of having a right to Scrooge's fortune

- A. reasonable expectations,
- or
- B. too much entitlement?

page 70

When they say things like, "I think the rudder's broken off," and "We're drifting straight sideways," and "Chisel McSue in a gunboat pumping shells into us," they are using which part of the decision process?

- A. describing and understanding the situation they're in,
or
- B. considering advantages and disadvantages of options?

page 71

When Joe says, "Slick work, Chisel," he is using which of the four ways of listening?

- A. Follow-up question,
or
- B. Positive feedback?

page 72

When Joe says, "I'm your pal!" and reminds Chisel of how he helped him, he is appealing, unsuccessfully, to Chisel's nonexistent sense of

- A. loyalty,
or
- B. self-reinforcement?

page 73

Scrooge is faced with a moral dilemma. Should he save a drowning man, or should he look out for his own safety and welfare? His dilemma is

- A. kindness versus self-care,

or

B. joyousness versus positive fantasy rehearsal?

page 74

Immediately after having had his life saved by the ducks, Chisel McSue calls them stupid and calls Scrooge an old fool. He's being especially bad at the skill of

A. conservation,

or

B. respectful talk?

page 75

When one of the boys says, "Oh boy! Good weather! The Hurricane is over!" he is using the thought called

A. learning from the experience,

or

B. celebrating luck?

page 76

The boys did something really smart by tying the line to the chest of horse-radish, but Scrooge doesn't even thank them and is reluctant to even pay them their wages. They have done a good example of _____, and he has NOT done a good example of _____.

A. conservation, positive fantasy rehearsal

or

B. good decisions, gratitude

page 77

A motive is someone's reason for doing something. Scrooge reveals his initial motive for coming to the hotel ballroom. What was his motive?

- A. To get to know the snobby people there,
or
- B. To check the lights in his hotel?

page 78

The author is using satire. Satire is the use of humor and exaggeration to expose and criticize people's unwise behavior. The unwise behavior of the people at the party has to do with the skill of purposefulness -- having a sense of goal that directs behavior. What's wrong with the purposefulness of the people at the party?

- A. They have no goals.
or
- B. They have goals, but the goals are unworthy ones -- impressing people with their things rather than doing anything good.

page 79

Scrooge is concerned that he doesn't get invited to parties. It sounds as if he would like to do more _____ than he has done.

- A. conservation and thrift,
or
- B. friendship-building?

page 80

When Scrooge exclaims, "I'm a social lion!" it sounds as though he is

- A. celebrating luck,
- or
- B. getting down on himself?

page 81

Scrooge wants to buy back the ruby, but the status seekers also want it for themselves. When two or more people want opposite things to happen, the situation is called a

- A. conflict,
- or
- B. good decision?

page 82

They have thought about several ways of getting to Bazookistan: airplane, steamer boat; finally they settle on a submarine. They have used what sort of thought?

- A. listing options and choosing,
- or
- B. not awfulizing?

page 83

When Scrooge says, "Oh! Oh!" what he means is, "Looks like we're being followed; this may be really bad!" That type of thought is

recognizing danger, an appropriate form of

A. awfulizing,

or

B. celebrating luck?

page 84

When Scrooge says, "Time for another look at the upper world," he's preparing to do which part of the decision process?

A. figuring out his objective,

or

B. getting information?

page 85

Scrooge directs Donald to pull into the cove and lay low, and Donald carries out this direction. Donald is using

A. joyousness,

or

B. compliance?

page 86

The boys want to take a swim, but they can't because of the sharks. But they happen to notice that the sharks bunch together when there is some peppermint candy thrown in the water. They are using a certain step of the decision process when they notice this fact and become aware of its importance. That step is

- A. getting information,
- or
- B. doing what is decided?

page 87

When Scrooge says, "Hooray! We've given them the slip, lads!" He is

- A. celebrating someone else's choice,
- or
- B. getting down on himself?

page 88

When Scrooge says, "Don't be such a shivering jellyfish," he is implying, "You are being too cowardly!" His thought is an example of

- A. blaming someone else,
- or
- B. not getting down on himself?

page 89

When one of the boys says, "Bright thought!" that way of listening is called

- A. positive feedback,
- or
- B. a follow-up question?

page 90

The jellyfish thinks, "Whee!" He is

A. getting down on himself,

or

B. celebrating luck (or celebrating someone else's choice)?

page 91

The king says that they don't need many things, and he isn't interested in the sorts of status symbols that he is offered. If, rather than being interested in status symbols, he were interested in things like peace and harmony between his people and fairness and justice in his society, he would be showing the skill of

A. purposefulness,

or

B. handling rejection?

page 92

It turns out, however, that the king is most interested in a different sort of status symbol, that of a fat tummy, and the candy is a very powerful positive reinforcer for him. His status symbol leads him to make bad decisions with respect to the skill of

A. nonviolence,

or

B. self-care?

page 93

Some of the things that people say that contribute to an unpleasant

emotional climate are commands, contradictions, criticisms, and threats. But sometimes each of these is warranted and useful, if it's not overdone. When Scrooge says that the Beagle Boys aren't even on this ocean, and one of the young ducks says, "That's what you think!" that is a

- A. threat,
- or
- B. contradiction?

page 94

When defending oneself, it's good to use as little harm to the other person as possible, and only harm others when absolutely necessary. When there is a big gun aimed at them and the weapon is a paper airplane, we can say that Huey is not straying too far from the skill of

- A. nonviolence,
- or
- B. handling criticism?

page 95

Scrooge offers a bargain: the ruby in exchange for information on how to get the sea monster off them. Offering an option that will make both sides better off is central to the skill of

- A. habits of self-care,
- or
- B. joint decision-making, or conflict-resolution?

page 96

It sounds as if Scrooge told DeLardo how to appease the jellyfish because he owed an act of kindness to

- A. DeLardo,
- or
- B. the jellyfish?

page 97

The dogs are running to try to get positive reinforcers, which look like cans of sardines. But after a while of running, without ever being able to get any closer to the reinforcer, they will probably

- A. keep running faster and faster as long as they can,
- or
- B. stop running, because they sense the lack of an "effort-payoff connection?"

page 98

When this advertisement says, "Go on, admit it!" and "Dive into the 160 page Disney Comics: 75 years of Innovation" these statements take the form of one of the four types of utterances that often create unpleasant emotional climates (commands, criticisms, contradictions, or threats). But the readers are probably not offended, because they are being commanded to indulge in something they probably regard as a (positive reinforcer, punishment)?

- A. commands, positive reinforcer?
- or
- B. threats, punishment?

page 99

The emotions that Donald appears to feel during the action on this page are

- A. determination and compassion,
- or
- B. surprise and curiosity?

page 100

When Scrooge says, "Well, toodle-de-doo, Donald," that's his way of saying "good-bye." Saying something like this rather than just walking away is an important part of friendship-building, and it's called using a

- A. reflection,
- or
- B. parting ritual?

page 101

In the world of slapstick humor, it's possible for the Beagle Boys to get blown by an explosion through the thick wall of a vault and fall from a high place without being hurt in the slightest. Still, if they had foreseen this event and taken precautions, they would have given us a better model of skills of

- A. self-care,
- or
- B. honesty?

page 102

When the light bulb goes off in Scrooge's mind, he is thinking something like, "Hey! One great possibility is that I could use the indestructible glass for my vault!" Which part of the decision process is he using?

- A. getting more information,
- or
- B. listing an option?

page 103

When Scrooge says, "The Beagle Boys will never get through that door, nor will anyone else!" he is

- A. celebrating his own choice,
- or
- B. getting down on himself?

page 104

The Beagle Boys still can withstand explosions while only getting black marks on themselves and torn clothes. But they are failing to get a reinforcer that their effort is aimed at. What is that positive reinforcer?

- A. Swinging from the lamp,
- or
- B. Uncle Scrooge's money?

page 105

The Beagle Boys are asked to leave because the little old lady complained about the noise, and they follow their union rules against

disturbing little old ladies. Despite their ignoring the rules against theft, they are showing some ways in which they practice

- A. compliance,
- or
- B. handling rejection?

page 106

When Magica DeSpell tells herself the thing she wants the most in the world, which is Scrooge's first dime, she is using which type of thought?

- A. not blaming someone else,
- or
- B. goal-setting?

page 107

When Magica DeSpell says, "A plague on such evil luck," she is using what type of thought?

- A. awfulizing,
- or
- B. celebrating someone else's choice?

page 108

If Magica DeSpell said to herself, "I can try a flute, a clarinet, a violin, or a trombone, to see if they can get the glass to crack. I think I'll try all of them." she would have been

- A. not awfulizing,

or

B. listing options and choosing?

page 109

When the chief tells Scrooge, "You'd be very sorry, Mr. McDuck! Their cry is very disagreeable," he is furnishing some help in two parts of the decision process. He is providing some

A. listing options, and learning from the experience,

or

B. information, and a disadvantage of an option?

page 110

When Scrooge finds out that the Yeekers' cry shatters the glass, he says, "Oh, me"; he really means, "This is terrible." He is

A. awfulizing,

or

B. getting down on himself?

page 111

If Scrooge had thought more, he might have thought something like this: "Hmm, one of the 'cons' for gathering up the Yeekers, rather than leaving them alone, is that I'll give a clue to any thief that the Yeekers can break my safe. Plus they'll be available to any thief. Plus, they won't like being imprisoned." This part of the decision process is called

A. learning from the experience,

or

B. thinking of disadvantages of options?

page 112

Magica DeSpell's stun ray brings out from Uncle Scrooge some involuntary _____.

A. compliance,

or

B. courage?

page 113

When Magica DeSpell lies on the ground and bangs her fists and makes angry noises, she is probably

A. celebrating her own choice,

or

B. awfulizing?

page 114

When the light bulb goes off over Magica DeSpell's head, she realizes that her observation has just given her an important piece of _____ that is important for her decision process.

A. figuring out her objective,

or

B. information?

page 115

The Yecker is hanging his head down, with droopy eyes, is motionless, and his face looks like he's feeling a certain emotion. What emotion, would you say?

- A. depression,
- or
- B. anger?

page 116

Scrooge isn't worried about creating a positive or negative emotional climate with Magica DeSpell. So he doesn't worry that when he calls her "grabby" and orders her to give him back his dime, he is using two of the types of statements that tend to create an unpleasant emotional climate. He is using

- A. criticism and command,
- or
- B. contradiction and threat?

page 117

That little old lady across the street knows that loud noises are not good for our hearing. Enough of them can make us go deaf. Her avoidance of loud noises is an example of

- A. loyalty,
- or
- B. habits of self-care?

page 118

The advertisement on this page says, "On Sale!" beginning a certain date. When an advertisement says, "On sale!" it is offering a _____ for the behavior of buying, namely a lower price than usual. This _____ is meant to make the behavior of buying more likely in the future.

- A. positive reinforcer,
- or
- B. courage?

page 119

There are many types of stresses. Which type is Scrooge experiencing on this page?

- A. Fear of physical harm by a predator.
- or
- B. Too many decisions to make in too little time?

page 120

When lots of people make unreasonable requests, it's important to be able to stick up for yourself and tell them "No." This is called the skill of

- A. assertion or assertiveness,
- or
- B. joyousness?

page 121

When Scrooge says, "I want to go someplace where there is no money!" he is using what type of thought?

- A. celebrating luck,
- or
- B. goal-setting?

page 122

A positive reinforcer increases the likelihood of a behavior by being something pleasant that comes after the behavior. A negative reinforcer also increases the likelihood of a behavior, by the ceasing of an unpleasant event after the behavior. A negative reinforcer is thus the stopping of something unpleasant. Scrooge is hoping that when he goes to Tralla La, the unpleasant events of people asking him for money will cease. He hopes that his going to Tralla La will be

- A. positively reinforced,
- or
- B. negatively reinforced?

page 123

There was another work of fiction called Lost Horizon, about a place in the Himalayas named "Shangri La." So the author of this comic makes kind of an "in joke" by calling the place they are looking for "Tralla La." The author is using his skills of

- A. humor,
- or
- B. habits of self-care?

page 124

When Scrooge says, "Airplanes are too expensive," he is doing what step

in the decision process?

A. getting information,

or

B. thinking of a disadvantage of an option?

page 125

When the boys consult the Junior Woodchucks Guidebook, they are using what step in the decision process?

A. getting information,

or

B. figuring out their objective?

page 126

When Scrooge says, "Those confounded clouds hide the view!" he sounds like he's

A. Celebrating luck,

or

B. Awfulizing?

page 127

They make a plan, in case there is a field big enough to land, and in case there isn't. Planning ahead and visualizing what you will do in various cases involves the skill of

A. kindness,

or

B. positive fantasy rehearsal?

page 128

To jump out of a plane is almost always an act that requires

A. courage,

or

B. kindness?

page 129

Scrooge says, "Here I shall be able to rest! Here among people who have no desire for my wealth!"

Negative reinforcement means the ending of something unpleasant. It increases the likelihood of the behavior it follows. Scrooge thinks that his getting away from home and going to Tralla La will be negatively reinforced by

A. the ending of people's bugging him about money,

or

B. the ending loud noises?

page 130

When Donald says, "You can talk their language!" he means something like, "Good for you, for learning it!" His thought is an example of

A. not awfulizing,

or

B. celebrating someone else's choice?

page 131

Donald smiles as he says, "The people rounded up all of our supplies and returned them to us!" He is

- A. celebrating someone else's choice,
or
- B. listing options and choosing?

page 132

The fact that people are willing to offer so much to have the bottle cap tells us that it is a powerful

- A. positive reinforcer,
or
- B. reflection?

page 133

When the person counts the bottle caps and remarks that Scrooge is the richest duck in Tralla La, Scrooge looks as though he is feeling

- A. perplexed, confused, or curious,
or
- B. angry?

page 134

When the person says, "If the rich old miser doesn't give his bottle caps to people like me, he's an old meanie!" the person shows

- A. reasonable expectations,
- or
- B. too much entitlement?

page 135

Scrooge takes only a second or two to decide between a million and a billion bottle caps for his order. For important decisions like this, the skill of _____ demands that one invests a little more time into the whole process.

- A. thinking before acting,
- or
- B. handling rejection?

page 136

It would be better if the people did useful things like taking care of their crops and their animals rather than focusing on getting wealth, in the form of rare objects. Picking really worthwhile things to put your energy into is part of the skill of

- A. purposefulness,
- or
- B. differential reinforcement?

page 137

A positive reinforcer is about the same as a reward. As a rule, "deprivation" of something, that is, not getting as much as you want, makes it more reinforcing, whereas "satiation" of it, which means getting all you want or even more, makes it less reinforcing. The people are

finding bottle caps less reinforcing now, because they are experiencing _____ of them.

- A. deprivation,
- or
- B. satiation?

page 138

When the people of Tralla La say, "Oh brother! Is old Scrooge ever going to regret this!" they are thinking the thought called

- A. celebrating luck,
- or
- B. blaming someone else?

page 139

When Scrooge says, "My nerves are going to pieces," he seems to think that the nerve medicine will turn off the bad feeling that he has. Drinking the nerve medicine is a behavior which is made more likely because it seems to be followed by some relief from the bad feelings. A positive reinforcer turns on good feelings, and a negative reinforcer turns off bad feelings. The relief that the medicine brings is a

- A. positive reinforcer,
- or
- B. negative reinforcer?

page 140

Even though commands, contradictions, criticisms, and threats often

create an unpleasant emotional climate, there are times when they are useful. When one of the Tralla La residents says, "It's a ruse to save their necks! Throw them in the whirlpool," and the leader says, "No! The words of the small ducks are wise!" the leader is appropriately using a

A. threat,

or

B. contradiction?