

Hack 4 – Facing Problems and Life Challenges Quiz

Note: Some questions may have more than one correct answer

1. Which of the following is not a problem but rather a life challenge?
 - a) Not doing well on an exam.
 - b) Being excluded from a day out with friends.
 - c) Parents being divorced.
 - d) Not having enough money to buy a designer bag.
2. Which of the following is a problem rather than a life challenge?
 - a) A disability.
 - b) Moving to a new city.
 - c) Having a disagreement with a close friend.
 - d) Not knowing what to do in the summer.
3. What is the main purpose of the "Welcome to Holland" metaphor?
 - a) Encouraging travel.
 - b) Explaining and accepting the unexpected nature of life challenges.
 - c) Describing Holland's tulips.
 - d) To be jealous of those who have it so good and fly to Italy.
4. What does SODAS stand for?
 - a) Structure-Oriented Description and Simulation.
 - b) A carbonated drink e.g., SODA water.
 - c) Situation, Options, Disadvantages, Advantages, Solutions.
 - d) Symbolic Official Data Analysis System.

- 5. What are the 3 Stages of coping with life challenges?**
- a) Planning for the future, acting on the present, reflecting on the past.
 - b) Acceptance, being ok with negative feelings, keeping out of the mind maze.
 - c) Stressing on the challenge, avoiding the negative thoughts, ignoring one's feelings.
 - d) I have no idea; I just know that there were three stages because the question said it.
- 6. How should you make a list of the Options in the SODA technique?**
- a) List only the options that you know for sure will actually solve the problem.
 - b) List a maximum of 5 options.
 - c) Brainstorm any number of possible options even if some seem less likely.
 - d) Write them down/type them out so you can actually see each option properly.
- 7. What can we learn from the caterpillar?**
- a) It's painful to become a butterfly.
 - b) Struggles and challenges often make you the person you are meant to be.
 - c) Struggles and challenges stop you from being the person you are meant to be.
 - d) Butterflies have a hard life because they never accepted who they are.
- 8. What should you do if your mind keeps endlessly thinking about your life challenge?**
- a) Get angry and book a flight to Italy to enjoy pasta and pizza.
 - b) Go and find a maze to get lost in.
 - c) Accept that it's normal but not helpful to get stuck in the mind maze.
 - d) Notice when you are thinking about it and gently try to refocus on other things.

9. If you have two good solutions to a problem, what should you do?
- a) Choose the one that sounds the best but be ready to use the other if necessary.
 - b) Forget the SODAS technique as it's clearly not working.
 - c) Ask a friend or family member what they think the best solution would be.
 - d) Take "Mastering your mind" back to the store and ask for your money back!
10. Why do some people seem to have easy lives and others have it so hard?
- a) Because some people are blessed, and others are cursed.
 - b) It's a silly question because we don't really know what goes on in people's lives.
 - c) As human beings it's impossible to understand everything that happens in the world.
 - d) Hard stuff is often what makes us become the best version of ourselves.

Answers:

1. C
2. C, D
3. B
4. C
5. B
6. C, D
7. B
8. C, D
9. A, (C if necessary)
10. B, C, D