

# Facing problems & 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?

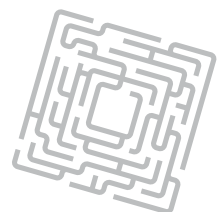
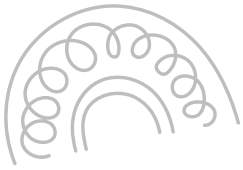
- A. Encouraging travel
- B. Explaining and accepting the unexpected nature of life challenges
- C. Describing Holland’s tulips
- D. To be jealous of those who have it so good and fly to Italy

## 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



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## 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!

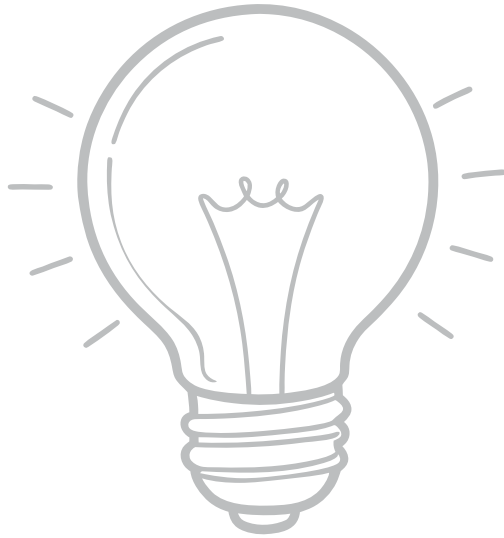
  
  
  

## 10. Why do some people seem to have easy lives and others have it so hard?

- 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


# Facing problems & life challenges quiz 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