



Resilience & Learned Optimism

Multiple-Choice Questions

The word “resilience” means:

- Being resolved or sure
- The ability to “bounce back”
- Results or outcomes
- Quiet or silence

Which is NOT part of the Pessimistic Explanatory style?

- Permanent
- Personal
- Pervasive
- Perfect

Which IS part of the Optimistic Explanatory Style?

- Permanent
- Pervasive
- Temporary
- Personal

Which is NOT part of the Optimistic Explanatory Style?

- Temporary
- Permanent
- Impersonal
- Specific

Learned Optimism includes which three characteristics?

- Temporary, impersonal, and specific
- Permanent, temporary, and pervasive
- Permanent, impersonal, and personal
- Personal, impersonal, and specific



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