



Title: “Intuitive Living: 10 Principles That Can Nurture Recovery from Eating Disorders and Bring Peace & Joy Into Life
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Post-Test (For reference only. You must take and pass the test online for CE credit.)

- 1). Intuitive Eating is an approach originally designed to help chronic dieters but has been implemented and found effective in the dietary treatment of those formally diagnosed with eating disorders.
 - A. True
 - B. False

- 2). Intuitive Living is a concept which parallels the Intuitive Eating approach, but focuses on listening to one’s “heart” or “self” versus listening to one’s body.
 - A. True
 - B. False

- 3). Which of the following are principles of Intuitive Eating (choose all that apply)?
 - A. Reject the diet mentality
 - B. Feel your fullness
 - C. Trust your mind
 - D. Respect your body

- 4). Which of the following are principles of Intuitive Living (choose all that apply)?
 - A. Honor messages of the heart
 - B. Ask a trusted friend for advice
 - C. Discover and embrace your passions and purpose
 - D. Honor yourself: the intention of love

- 5). In listening to “the heart,” which areas of consideration can be helpful (choose all that apply)?
 - A. Attending to messages of the heart
 - B. Attending to things you know to be true in your heart
 - C. Attending to emotions and thoughts
 - D. All of the above

- 6). Choose **two** ways in which one can challenge the “perfectionism police”:
 - A. Make a few mistakes
 - B. Keep trying harder
 - C. Sit around and do nothing
 - D. Judge your performance strictly

- 7). Choose **two** healthy ways that one can cope without using food:
 - A. Rest
 - B. Express feelings
 - C. Lash out at someone
 - D. Avoid feelings by drinking alcohol

- 8). Which of the following statements are true about “avoiding avoidance” (choose all that apply)?
 - A. Avoidance will not negatively impact a person’s sense of self-esteem
 - B. We overcome fear by taking action
 - C. Eating disorders become illnesses of avoidance
 - D. Avoidance is generally a healthy coping mechanism

- 9). McCraty and associates would best describe their work as:
 - A. Electrophysiological evidence of intuition
 - B. The heart as the manager of all internal organs
 - C. Finding what really matters in treatment of depression and anxiety

- 10). McCraty and associates would best describe intuition as:
 - A. The cumulative collection of experience which gives a person a sixth sense
 - B. The experience of listening to the heart
 - C. The collaboration of internal affective states with clarifying cognition