



The Why Behind the Try: Living a Harmonious Recovered Life

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. Which one is not part of the passion definition as outlined in the DMP:
 - a. Strong inclination toward a specific object, activity or person
 - b. Part of one's identity
 - c. Zest

2. Harmonious Passion is defined as all but the following:
 - a. Freely accepting the activity as important for them without any contingencies attached
 - b. Engaging in the activity willingly
 - c. Feeling compelled to do the activity

3. Which one is not part of Obsessive Passion?
 - a. Controlled
 - b. Preoccupation with activity
 - c. Does not conflict with other needed and desired activities

4. Passion is the same as:
 - a. Grit
 - b. Zest
 - c. It is not the same

5. Harmonious Passion helps the flow of an activity to be:
 - a. Flexible
 - b. Structured
 - c. Unchangeable

6. Using an Obsessively Passionate approach during an activity leads to:
 - a. Enjoyment of the task
 - b. Positive affect during task
 - c. Tension after the task

7. Romantic relationships are positively impacted by:
 - a. Harmonious passion
 - b. Obsessive passion
 - c. A person's wealth

8. The following personality type is more likely to use a harmonious passion approach:
 - a. Autonomous
 - b. Controlled
 - c. Mixed

9. Needing to feel that an activity will boost yourself self-esteem is associated with:

- a. Obsessive passion
- b. Harmonious passion
- c. Not associated with DMP

10. Satisfaction with life has been associated with:

- a. Harmonious Passion
- b. How many toys you have
- c. Obsessive Passion