

***When You're Ready, Just Let Go!: Understanding the Effect of Emotional Energy
on the Physical Body in the Treatment of Eating Disorders***

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Credit: One (1) Continuing Education Credit Awarded

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

1. All energy creates a:
 - a. Pattern
 - b. Sound
 - c. Wave
 - d. Disruption
2. Emotional energy:
 - a. Always presents first
 - b. Typically comes after physical/primal sensation
 - c. Mimics physical energy
 - d. Is just a made up concept
3. _____ is the physical body location that correlates with emotional themes
 - a. Chakra Mapping
 - b. Chakra Healing
 - c. Emotional Mapping
 - d. Mind/body connection
4. There are ___ main Emotional Themes, which coordinate with main Chakras
 - a. 4
 - b. 6
 - c. 9
 - d. 7
5. Where we feel emotional energy in the body is connected to
 - a. Why we feel emotional energy
 - b. Why we are always anxious
 - c. How we cope with stress
 - d. When we process emotional energy
6. Primal Emotions and Emotional Intelligence
 - a. Are the same thing
 - b. Occur in two different areas of the brain
 - c. Are completely disconnected
 - d. Cannot be studied together
7. Inaccurate connection between _____ and _____ often leads to negative mindset
 - a. Mind, body
 - b. Left brain, right brain
 - c. Physical sensation, emotional explanation
 - d. Internal cues, external cues

8. The limbic system controls
 - a. Primal emotions
 - b. The arms and legs
 - c. Flight/fight/freeze
 - d. Both a and c
9. Emotional Intelligence allows us to
 - a. Rely on "gut instincts"
 - b. Gather a variety of information to identify the appropriate emotional response
 - c. Be more realistic and less emotional
 - d. Improve our I.Q.
10. Physical injury and emotional injury
 - a. Are not the same thing
 - b. Are just something to live with
 - c. Trigger a similar inflammatory response in the body
 - d. Do not typically cause long-term issues