

Chapter 02: Multiple Choice

Multiple Choice

1. According to self-discrepancy theory, individuals are most happy when their self is most similar to their ideal and ought selves.

- a. True
- b. False

ANSWER: a

2. The process of social comparison can result in positive or negative self-esteem, depending on whether we compare favorably or unfavorably to others.

- a. True
- b. False

ANSWER: a

3. Self-awareness and self-esteem are synonymous.

- a. True
- b. False

ANSWER: b

4. Self-fulfilling prophecies can set both positive and negative events in motion.

- a. True
- b. False

ANSWER: a

5. Your self-concept is based on the beliefs, attitudes, and values your significant other has about you.

- a. True
- b. False

ANSWER: b

6. The self is formed in infancy and remains fairly static over time.

- a. True
- b. False

ANSWER: b

7. According to self-discrepancy theory, the greater the discrepancy between your ideal and ought selves, the higher your self-esteem.

- a. True
- b. False

ANSWER: b

8. If your ought self and ideal self are consistent with each other, you are likely to experience higher levels of happiness and self-esteem.

- a. True

Chapter 02: Multiple Choice

b. False

ANSWER: a

9. Research suggests that those who have high self-concept clarity are less likely to experience chronic depression.

a. True

b. False

ANSWER: a

10. Cooley's concept of the looking-glass self suggests that you form your self-concept by closely examining and evaluating yourself.

a. True

b. False

ANSWER: b

11. Three important influences upon the self are family, gender, and culture.

a. True

b. False

ANSWER: a

12. Gender is a composite of attributes learned through socialization, beginning at birth and continuing within families.

a. True

b. False

ANSWER: a

13. Gender refers to the biological state of having either male or female sexual organs.

a. True

b. False

ANSWER: b

14. If your relational partner feels unlovable and unworthy, he or she may be experiencing attachment anxiety.

a. True

b. False

ANSWER: a

15. If a child and his or her caregiver have a close, affectionate, and secure relationship, the child is likely to learn a secure attachment style.

a. True

b. False

ANSWER: a

16. According to social penetration theory, breadth refers to how personally or deeply you self-disclose.

Chapter 02: Multiple Choice

- a. True
- b. False

ANSWER: b

17. According to social penetration theory, depth refers to the number of different aspects of self a relational partner reveals.

- a. True
- b. False

ANSWER: b

18. Intimacy refers to the degree of arousal one feels toward one's partner.

- a. True
- b. False

ANSWER: b

19. According to the interpersonal process model of intimacy, closeness is based solely on your self-disclosure to others.

- a. True
- b. False

ANSWER: b

20. Losing face can result in feelings of shame, humiliation, and embarrassment.

- a. True
- b. False

ANSWER: a

21. Self-disclosure is necessary to start and develop your personal relationships.

- a. True
- b. False

ANSWER: a

22. Your public self is synonymous with your face.

- a. True
- b. False

ANSWER: a

23. People tend to disclose more quickly when interacting face-to-face than when interacting online.

- a. True
- b. False

ANSWER: b

24. Your "face" is the self you only show yourself.

Chapter 02: Multiple Choice

- a. True
- b. False

ANSWER: b

25. According to the Johari Window, the aspects of your self that are known to others but not to you are called the unknown area.

- a. True
- b. False

ANSWER: b

26. Social penetration refers to the gradual process of shedding layers of the self and increasing physical intimacy in interpersonal relationships.

- a. True
- b. False

ANSWER: b

27. Evaluative appraisals of your self are known as:

- a. attitudes.
- b. values.
- c. beliefs.
- d. personal constructs.

ANSWER: a

28. If your friend declares that "dishonoring and disrespecting your mother is just plain wrong," his statement is an example of a(n):

- a. attitude.
- b. belief.
- c. value.
- d. personal construct.

ANSWER: c

29. Convictions that an individual holds to be true are called:

- a. attitudes.
- b. beliefs.
- c. values.
- d. personal constructs.

ANSWER: b

30. Self-concept is composed of:

- a. attitudes.
- b. beliefs.
- c. values.

Chapter 02: Multiple Choice

- d. All of the options are correct.

ANSWER: d

31. If you perceive yourself as professionally capable and do well in a job interview as a result, your experience exemplifies:

- a. social comparison.
- b. the looking-glass self.
- c. self-discrepancy theory.
- d. a self-fulfilling prophecy.

ANSWER: d

32. People with high self-esteem tend to exhibit which of these characteristics?

- a. insecurity in their personal relationships
- b. authoritarian tendencies
- c. high academic performance
- d. disregard for others' opinion

ANSWER: c

33. Which of the following statements suggests that your self-concept is influenced by the labels others put on you?

- a. My father always said I was the black sheep of the family.
- b. I see myself as a student, worker, and son.
- c. I am happy with myself.
- d. I am an extroverted person.

ANSWER: a

34. Your self-concept is shaped by your:

- a. personality.
- b. interactions with others.
- c. income.
- d. profession.

ANSWER: b

35. A self-fulfilling prophecy occurs when:

- a. thinking and believing decrease the likelihood of an event.
- b. predictions lead you to behave in ways that ensure the predictions come true.
- c. you fail to live up to the labels others place on you.
- d. you fail to act as others expect.

ANSWER: b

36. Our self-esteem is likely to:

Chapter 02: Multiple Choice

- a. increase as we decrease differences between our ought and ideal selves.
- b. decrease as we increase differences between our ought and ideal selves.
- c. stay the same as long as we align our ought and ideal selves.
- d. increase once we find our ideal self.

ANSWER: a

37. The chapter's opening anecdote about Eric Staib illustrates what component of self-concept?
- a. looking-glass self
 - b. social comparison
 - c. ideal self
 - d. ought self

ANSWER: a

38. Which of the following statements best exemplifies the influence the looking-glass self has on your self-concept?
- a. My mom tells me I am the best little boy in the world and I believe her.
 - b. I am a son and a student.
 - c. I think Olivia is the smartest student in the class besides me.
 - d. I am an extroverted people person.

ANSWER: a

39. Which of these behaviors may increase your self-esteem?
- a. establishing consistency between your ought and ideal selves
 - b. living in an appearance-obsessed culture
 - c. revising and redefining unrealistic standards you've set for your self
 - d. Both A and C are correct.

ANSWER: d

40. According to the text, the self is:
- a. composed of others' perceptions.
 - b. influenced by setbacks in life.
 - c. composed of self-awareness.
 - d. influenced by goals you have set.

ANSWER: c

41. According to self-discrepancy theory, we feel happiest when:
- a. our self-concept matches our ideal and ought selves.
 - b. our self-concept exceeds our ideal and ought selves.
 - c. there is a great discrepancy between our ideal and ought selves.
 - d. we perceive our self-concept to be inferior to our ideal and ought selves.

ANSWER: a

Chapter 02: Multiple Choice

42. Self-concept can best be characterized as:

- a. perceptions we have about ourselves.
- b. static, unchanging over time.
- c. always positive.
- d. always negative.

ANSWER: a

43. Enduring principles that govern your behavior are called:

- a. attitudes.
- b. values.
- c. beliefs.
- d. personal constructs.

ANSWER: b

44. If Mark has never had a long-term relationship because he reacts negatively to any perceived problem or "bump" in the relationship, what type of attachment style is Mark likely to have?

- a. secure
- b. None of the options is correct.
- c. fearful
- d. preoccupied

ANSWER: d

45. Kyle avoids close, long-term relationships, yet he exhibits little anxiety. What attachment style best describes him?

- a. secure attachment
- b. dismissive attachment
- c. preoccupied attachment
- d. fearful attachment

ANSWER: b

46. Which of the following is NOT typically a part of a female's lifelong gender socialization process?

- a. femininity
- b. sensitivity
- c. nurturance
- d. competitiveness

ANSWER: d

47. Which of the following characteristics is typical of a male's lifelong gender socialization process?

- a. dependence
- b. achievements

Chapter 02: Multiple Choice

- c. aggressiveness
- d. interpersonal connections

ANSWER: b

48. Jacqueline fears rejection and worries that her boyfriend will leave her. What attachment style is she experiencing?

- a. fearful attachment
- b. secure attachment
- c. dismissive attachment
- d. preoccupied attachment

ANSWER: a

49. A relational partner with a preoccupied attachment style may be characterized by:

- a. high anxiety.
- b. high avoidance.
- c. a desire for distance.
- d. All of the options are correct.

ANSWER: a

50. If you have a secure attachment style, you are more likely to:

- a. develop temporary relationships.
- b. be uncomfortable with intimacy.
- c. lack confidence in your ability to communicate.
- d. have high self-esteem.

ANSWER: d

51. If Chloe and her partner Sam work together to competently confront any problems in their relationship, they probably have what type of attachment style?

- a. secure
- b. fearful
- c. dismissive
- d. preoccupied

ANSWER: a

52. Which of the following does NOT influence the self?

- a. face
- b. culture
- c. family
- d. gender

ANSWER: a

Chapter 02: Multiple Choice

53. What is a way you can improve your self-disclosure?

- a. know your self
- b. know others
- c. be sensitive to cultural differences
- d. All of the options are correct.

ANSWER: d

54. While at the park with friends, Mia boasts about what a good gymnast she was when growing up. When she attempts to show off her cartwheel, she fails and falls to the ground. What is Mia likely to experience as a result?

- a. individualism
- b. losing face
- c. embarrassment
- d. Both B and C are correct.

ANSWER: d

55. According to social penetration theory, a person's age, sex, race, and ethnicity are represented by the:

- a. peripheral layer.
- b. intermediate layer.
- c. central layer.
- d. outer layer.

ANSWER: a

56. Which of these patterns of self-disclosure commonly characterizes an intimate personal relationship?

- a. little breadth and little depth
- b. little breadth and great depth
- c. great breadth and little depth
- d. great breadth and great depth

ANSWER: d

57. People with large hidden areas as depicted in the Johari Window typically:

- a. fear rejection.
- b. do not want to learn about the people they interact with.
- c. expect acceptance.
- d. do not withhold aspects of themselves.

ANSWER: a

58. Which of the following is NOT true of self-disclosure?

- a. People tend to disclose more quickly online than face-to-face.
- b. Self-disclosure increases mental health and relieves stress.
- c. Euro-Americans tend to disclose less than Hispanics.

Chapter 02: Multiple Choice

d. Women disclose more than men.

ANSWER: c

59. Which statement about self-disclosure is true?

- a. Self-disclosure is similar among cultures.
- b. Self-disclosure is similar among individuals.
- c. Men and women disclose similarly.
- d. Self-disclosure is always safe.

ANSWER: c

60. According to the Johari Window, what "quadrant" of the self is unknown to others and the self?

- a. open area
- b. blind area
- c. hidden area
- d. unknown self

ANSWER: d

61. According to social penetration theory, if you are only comfortable disclosing your favorite foods, restaurants, bands, or hobbies, which layer of the self is shared?

- a. peripheral layer
- b. intermediate layer
- c. core layer
- d. central layer

ANSWER: b

62. If you and your friend discuss many different topics but do so on a superficial level only, your self-disclosure has:

- a. minimal breadth and depth.
- b. great breadth and depth.
- c. great breadth but little depth.
- d. great depth but little breadth.

ANSWER: c

63. According to the Johari Window, what "quadrant" of the self is known both to others and to the self?

- a. unknown area
- b. known area
- c. hidden area
- d. public area

ANSWER: d

64. Which of the following represents an appropriate amount of self-disclosure at the very beginning of a relationship?

Chapter 02: Multiple Choice

- a. little breadth and little depth
- b. little breadth and great depth
- c. great breadth and little depth
- d. great breadth and great depth

ANSWER: a

65. According to the Johari Window, what "quadrant" of the self is known to others but unknown to the self?
- a. open area
 - b. blind area
 - c. hidden area
 - d. closed area

ANSWER: b

66. A potential risk of self-disclosure is that it:
- a. helps manage personal stress and anxiety.
 - b. is irreversible.
 - c. helps to develop relationships.
 - d. increases psychological health.

ANSWER: b

67. According to the Johari Window, what "quadrant" of the self is unknown to others but known to the self?
- a. open area
 - b. blind area
 - c. hidden area
 - d. closed area

ANSWER: c

68. If a Hollywood actor is gay but keeps his sexual orientation a secret, which strategy is he using to maintain his public self?
- a. face
 - b. mask
 - c. hidden self
 - d. closed self

ANSWER: b

69. Which of the following is a strategy for maintaining or saving face?
- a. using words and actions inconsistent with the face you are presenting
 - b. using communication that complements your face
 - c. using communication that disregards others' perceptions of you
 - d. passively presenting your face through your communication

ANSWER: b

Chapter 02: Multiple Choice

70. Which of the following serves as an effective metaphor for social penetration theory?

- a. broccoli
- b. asparagus
- c. carrot
- d. onion

ANSWER: d

71. According to social penetration theory, at which layer are a person's attitudes, beliefs, and opinions disclosed?

- a. peripheral layer
- b. intermediate layer
- c. central layer
- d. outer layer

ANSWER: b

72. According to social penetration theory, at which layer are a person's values, self-concept, and personality revealed?

- a. peripheral layer
- b. intermediate layer
- c. central layer
- d. outer layer

ANSWER: c

73. Mike shares intimate details about his romantic relationship with people he's just met. According to the Johari Window, Mike has a relatively large:

- a. public area.
- b. blind area.
- c. hidden area.
- d. unknown area.

ANSWER: a

74. "Post-cyber-disclosure panic" is the:

- a. tendency to disclose more online.
- b. tendency to disclose too little online.
- c. belief that adolescents don't disclose enough to their parents.
- d. realization that your personal e-mails and texts may be read by others.

ANSWER: d

75. When communicating online, you should:

- a. remain aware of your online persona.
- b. remember that viewers tend to perceive you based upon your self-worth.

Chapter 02: Multiple Choice

- c. never presume the gender of someone you are communicating with.
- d. assume that a person's online and offline identities are the same.

ANSWER: c

76. Which of the following is NOT a usual characteristic of online masks?
- a. Men are more likely to present themselves as experts.
 - b. Women are more likely to present themselves as experts.
 - c. Women are more likely to offer supportive messages.
 - d. Men are more likely to answer questions.

ANSWER: b

77. Which of these is a common practice on social networking and dating sites?
- a. using selective self-presentation
 - b. using a mask
 - c. accentuating positive characteristics
 - d. All of the options are correct.

ANSWER: d