

**Course Code:**   
**Course Title:** Change Masters - Module #4 - Internal Values

**Sample:**

<b>Question:</b>	<input type="text"/>	
<b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
<input type="text"/>		<input type="text"/>
<input type="text"/>		<input type="text"/>
<input type="text"/>		<input type="text"/>

<b>Question:</b>	<i>Which of the following best describes Self-Esteem?</i>	
1 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
<i>Feeling superior to others</i>		<input type="text"/>
<i>Impressing others with your achievements</i>		<input type="text"/>
<i>Conceited or arrogant</i>		<input type="text"/>
<i>Feeling your own worth</i>		<input type="text"/>

<b>Question:</b>	<i>True or False: Having money and material possessions will ensure you have a high level of Self-Esteem.</i>	
2 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
TRUE		<input type="text"/>
FALSE		<input type="text"/>
<input type="text"/>		<input type="text"/>

<b>Question:</b>	<i>True or False: If we don't feel worthy of being loved, it's difficult to believe others truly love us.</i>	
3 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>

TRUE		
FALSE		

**Question:** *True or False: You could still possess low self-esteem even if others praise you and make you feel like you belong?*

4 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
TRUE		
FALSE		

**Question:** *Which of the following best describes a value-centered person?*

5 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
<i>Seeks approval from others</i>		
<i>Needs to talk about their victories</i>		
<i>Seeks to empower others</i>		
<i>Views mistakes as failure</i>		

**Question:**

6 <i>True or False: There is a strong correlation between self-esteem and productivity.</i>		<b>Indicate Correct Answer with an "x"</b>
<b>Response</b>		
TRUE		
FALSE		

**Question:**

7 <i>Which of the following typically does NOT describe someone with low self-esteem?</i>
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<b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
<i>Sees themselves as unworthy of success</i>		
<i>Seeks avoidance or escape from pain</i>		
<i>Believes there's a chance they can be happy</i>		
<i>Believes that money will solve all their problems</i>		

**Question:**

8 *What do psychologists call the "need to belong?"*

<b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
<i>Affluence drive</i>		
<i>Affiliation drive</i>		
<i>Co-Dependency</i>		
<i>People pleasing</i>		





