Assignment 12

The due date for submitting this assignment has passed. Due on 2021-04-14, 23:59 IST.

As per our records you have not submitted this assignment.

1) Victor Frankl developed which of the following?
   - Cognitive therapy
   - Mindfulness-based therapy
   - Behavioral therapy
   - Logotherapy
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: Logotherapy

2) Coherence, purpose, and significance are the dimensions of
   - Posttraumatic growth
   - Resilience
   - Meaning in life
   - Signature strengths
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: Meaning in life

3) ‘Life has meaning under all circumstances, even the most miserable ones’. This statement is associated with
   - Cognitive therapy
   - Mindfulness-based therapy
   - Behavioral therapy
   - Logotherapy
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: George T. Doran

4) Who among the following introduced the idea of SMART goals?
   - Clifton
   - Peterson
   - George T. Doran
   - Anderson
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: George T. Doran

5) According to Frankl, we can discover meaning in life in which of the following ways?
   - By creating a work or doing a deed
   - By experiencing something or encountering someone
   - By the attitude we take toward unavoidable suffering
   - All of these
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: All of these

6) Which of the following is a motivational component of meaning in life?
   - Coherence
   - Purpose
   - Significance
   - Mattering
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: Purpose

7) Making sense of one’s life is associated with_____________ dimension of meaning in life
   - Coherence
   - Purpose
   - Significance
   - Mattering
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: Purpose

8) Which of the following statement is NOT a characteristic of intrinsic life goals?
   - Involves goals such as personal growth, emotional intimacy, community service
   - Contents of goals are naturally consistent with our nature and needs
   - Emerge from natural growth tendencies
   - Strongly shaped by cultural and societal beliefs and norms
   No, the answer is incorrect.
   Score: 0
   Accepted Answers: Strongly shaped by cultural and societal beliefs and norms