

## Unit Four Worksheet - Chapters 8 (pg's 247 – 249), 11, 12 & 13

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 1. A person with self-esteem would demonstrate which of the following attributes?
  - a. insecurity and self-doubt
  - b. vanity and preoccupation with own needs
  - c. genuine concern and respect for themselves
  - d. feeling of responsibility for partner's happiness
  
- \_\_\_\_\_ 2. When spouses, parents, and friends enable their loved ones to continue their self-destructive behaviors, they are known as:
  - a. disruptive.
  - b. codependent.
  - c. predisposed.
  - d. dissociative.
  
- \_\_\_\_\_ 3. The style of enabling in which codependents may cover up for abusers is known as:
  - a. shielding.
  - b. controlling.
  - c. rationalizing.
  - d. rescuing.
  
- \_\_\_\_\_ 4. Enabling includes all of the following EXCEPT:
  - a. shielding.
  - b. controlling.
  - c. rationalizing.
  - d. blaming.
  
- \_\_\_\_\_ 5. The style of enabling in which a codependent may try to control the significant other is called:
  - a. shielding.
  - b. controlling.
  - c. rationalizing.
  - d. rescuing.
  
- \_\_\_\_\_ 6. All of the following are considered one drink EXCEPT:
  - a. 12 ounces of beer.
  - b. 2  $\frac{1}{2}$  ounces of fortified wine.
  - c. 4 ounces of table wine.
  - d. 2 ounces of vodka.
  
- \_\_\_\_\_ 7. A bottle of 100-proof bourbon is what percent alcohol?
  - a. 40%
  - b. 50%
  - c. 80%
  - d. 100%
  
- \_\_\_\_\_ 8. Explain what is meant by blood alcohol concentration:
  - a. your blood type.
  - b. the percentage of alcohol in the blood.
  - c. the type of alcohol you consumed.
  - d. the rate at which you metabolize alcohol.