

# FINAL EXAM

## SOLUTION-BASED BIBLICAL COUNSELING SESSIONS 6-10

**TRUE OR FALSE:** Circle "True" or "False" at the end of each question.

1. The compliment section of the session is a good time to make some brief educative statements.  
TRUE or FALSE
2. It is important to pass judgment on sinful behaviors.  
TRUE or FALSE
3. No single counseling method works 100% of the time.  
TRUE or FALSE
4. It is important to encourage people to look for the positives because we always find what we are looking for.  
TRUE or FALSE
5. We can invite a counselee to compliment themselves by having them answer questions about their successes.  
TRUE or FALSE
6. In later sessions, the goal is to find out the next problem to solve.  
TRUE or FALSE
7. Scaling questions are useful both for finding out where someone is and for measuring progress as counseling progresses.  
TRUE or FALSE
8. Goals should be vague and nonspecific.  
TRUE or FALSE

**MULTIPLE CHOICE:** Circle the correct answer for each question.

9. How does the session end?
  - A. Scaling.
  - B. Compliments.
  - C. The miracle question.
  - D. Reviewing the goal description and the task.
10. What should happen in later sessions?
  - A. The counselor will still take a break.
  - B. No breaks are needed.
  - C. The counselor keeps reassigning the same tasks.
  - D. Your goal is to call attention to problems, lack of progress.
11. In later sessions, if there is no change reported, what can you ask?
  - A. "Did you do your task?"
  - B. "What will you do to prevent backsliding?"
  - C. "What was your best day?"
  - D. "What are you going to do differently to do better next week?"
12. Goals should be . . .
  - A. . .set by the counselor.
  - B. . . a general description of what a person wants.
  - C. . .an explanation of why a person does what he does.
  - D. . .what a person will do and how he will do it.
13. In solution-based biblical counseling, you always want to . . .
  - A. . .make sure you ask both the husband and the wife to scale where they are now.
  - B. . .focus on the problem to be solved.
  - C. . .take sides in marital arguments.
  - D. . .look for opportunity to give criticism.
14. In solution-based biblical counseling, you should look for chances to:
  - A. Help the counselee self-compliment through answering questions you ask.
  - B. Point out the hidden sin.
  - C. Always be ready to give the solutions that have worked for you.
  - D. Take the side of the person who is obviously in the right.

15. What is one thing you always want to assign to counselees in solution-based biblical counseling?
  - A. To watch for successes over the next week.
  - B. To make note of problems that occur over the next week.
  - C. To have the family eat 3 meals together during the week.
  - D. Divide up the household chores.
16. How is clarification used?
  - A. To make sure you understand the problem.
  - B. To make a clear picture of what life without the problem looks like.
  - C. To make sure each person understands the other person's complaints.
  - D. To help "clear the air".
17. If a counselee reports that things are worse, what should the counselor do?
  - A. Provide more scripture to memorize.
  - B. Use coping questions.
  - C. Decide who is to blame.
  - D. Provide more educative comments.
18. What is the purpose of the compliments section of the session?
  - A. Assigning a task to complete over the next week.
  - B. Making supportive compliments about what they are already doing right.
  - C. Identifying behavior that needs to change.
  - D. Having the counselee rate their progress.
19. What should a goal be like?
  - A. Something that the spouse needs to do.
  - B. Something that they hope will happen over the next week.
  - C. Something that each person will take responsibility to do.
  - D. Something to avoid.
20. How does it help to scale the goals we set with counselees?
  - A. It creates an "all or nothing" mentality.
  - B. It creates an expectation of progression, of moving forward.
  - C. It shows what the counselor expects over the coming weeks.
  - D. It lets people see that they are being unrealistic.