

MIDTERM EXAM

SOLUTION-BASED BIBLICAL COUNSELING SESSIONS 1-5

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

1. A miracle question examines what life would look like without the problem.
TRUE or FALSE
2. The counselor cannot assume that God has been working in the counselee's life.
TRUE or FALSE
3. Active listening focuses on what the counselee is saying, not solutions or advice.
TRUE or FALSE
4. Imposing your goals on those coming for counseling is advisable because you know what is best for them.
TRUE or FALSE
5. The counselor and the counselee must agree about what God's intention is for progress to occur.
TRUE or FALSE

MULTIPLE CHOICE: Circle the correct answer for each question.

6. The speaker said that change is hard for most people. How does this make exception questions important?
 - A. Starting with familiar positive behaviors will likely be more successful than having to start by learning totally new behaviors.
 - B. People come to counseling ready to make big changes.
 - C. Exception questions excuse the people from having to make changes.
 - D. They convict people of sin.
7. What does it mean to externalize?
 - A. Blame the other person for the problems.
 - B. Blame one's parents for their problems.
 - C. Make the problem be the problem rather than a person.
 - D. Openly show one's emotions.

8. In the pre-session conversation, what one thing are couples told to identify?
 - A. One thing in the relationship that they definitely want to have continue.
 - B. One thing that they want to see change.
 - C. Who spends more time reading the Bible.
 - D. What they do in a typical day.
9. What is one goal in searching for exceptions?
 - A. Help the person create a reality in which the problem does not dominate.
 - B. Find excuses for negative behaviors.
 - C. Find others to blame for their problems.
 - D. Identify negative consequences.
10. When are coping questions helpful?
 - A. With positive and motivated counselees.
 - B. With identifying the problem areas for the person seeking help.
 - C. With finding out how much Scripture someone has memorized.
 - D. With extremely negative counselees in helping to remind them that they do many useful things, even when times are difficult.
11. Solution-based biblical counseling makes one assumption:
 - A. One person in the couple is the problem and the other is the victim.
 - B. Understanding the root cause of sin will lead to finding a solution to personal sin.
 - C. God is already at work in the counselee's life.
 - D. The pastor has to have the solutions to every problem.
12. Times when the problem is not occurring...
 - A. ...should not be considered. They are not important.
 - B. ...can be times when part of the solution is occurring unnoticed.
 - C. ...are proof that the couple is not really trying to resolve problems.
 - D. ...show that the people do not really need counseling.

13. The counselor suggests that . . .
- A. . .he is the expert and his advice should be followed.
 - B. . .God hates sin, and the counselees should repent.
 - C. . .movement toward the future is in keeping with the hope proclaimed in the Word of God.
 - D. . .couples should focus on memorizing Scriptures.
14. In Matthew 25, Jesus tells the parable about the talents. Why is this an important scriptural example for counselors?
- A. It shows the fact that some people get more than others.
 - B. It shows the importance of being faithful in small changes.
 - C. It shows the importance of managing money well.
 - D. It shows submission to authority.
15. What is a characteristic of a counselee/complainer?
- A. They are willing and motivated.
 - B. They are attending counseling unwillingly.
 - C. They are coming because the courts made them come.
 - D. They are blaming others and view themselves as victims.
16. When talking about change, what focus should you take?
- A. Focus on when change will occur.
 - B. Focus on what you think the people need to change.
 - C. Focus on what the husband wants because he is the head of the house.
 - D. Focus on how change will occur, not when.
17. According to the speaker, what is one of your goals?
- A. To focus on the strengths of the people coming for counseling.
 - B. To create dependence so that the people will keep coming to see you.
 - C. To provide brilliant solutions.
 - D. To focus on the problems.

18. What do Exception Questions do?
- A. Identify times when the problem is occurring.
 - B. Identify times when the problem is not occurring.
 - C. Identify times when the problem is exceptionally bad.
 - D. Identify times when the couple disagrees.
19. Which of the following kind of questions is used to help a hopeless person form a new mental picture of themselves?
- A. Scaling questions
 - B. Accolade questions
 - C. Coping questions
 - D. Background questions
20. According to the Apostle Paul in 2 Corinthians 5:17, solutions are . . .
- A. Connected to an entirely new way of perceiving life based on being new creations in Christ.
 - B. Connected to the specific problem.
 - C. Determined by the counselor alone.
 - D. Convincing couples that they are sinners.