**Chapter 7 review**

*Directions: Match each definition with the correct term.*

Hierarchy of needs self-actualization

Mental/emotional health modeling

Personality emotion

Empathy hormone

Hostility

1. A complex set of characteristics that make you unique.
2. A ranked list of those needs essential to human growth and development
3. Striving to become the best you can be
4. Observing and learning from the behavior of others
5. A\_\_\_\_\_\_\_\_\_\_\_\_\_ tells your mind and body how to react.
6. A change in the level of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_can affect how you rea t to situations and thus can affect your emotions.
7. Anger sometimes results in\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which can damage a relationship.

*Replace the underlined words with the correct term.*

 Constructive criticism personal identity

 Developmental asset

1. Constructive criticism is made up of elements such as interests, abilities, values and goals.
2. A personal identity is a building block of development that helps you grow up as a healthy, caring, and responsible individual.
3. Giving thoughtful recommendations on how a fiend can improve a skill is an example of developmental asset.

*Identify each statement as True or False. If false, replace the underlined term with the correct term.*

 Suppression Defense mechanisms

1. People sometimes use defense mechanisms to avoid dealing with an unpleasant emotion.
2. Projection is holding back or restraining.

*Use complete sentences to answer the following questions:*

1. In general, teens with good mental/emotional health demonstrate what characteristics?
2. List the seven basic emotions.
3. What are some ways of managing strong emotions?
4. Why is it good to set goals for yourselves?