

## Breaking the Behavior Chain Quiz

1. Name the ABC's of behaviors
  - a. Antecedent
  - b. Behavior
  - c. Consequence
  - d. All of the above
2. Which of the following is an approach to overcoming cravings?
  - a. Distraction Approach
  - b. Confrontation Approach
  - c. All of the above
  - d. None of the above
3. Which of the following are ways to be a better manager of your emotions?
  - a. Acknowledge
  - b. Identify
  - c. See
  - d. A & B
4. All of the following are ways to improve your sleep habits **during the day** EXCEPT:
  - a. Limit caffeine and alcohol
  - b. Develop a bedtime ritual
  - c. Spend time outdoors
  - d. Rest more
5. Information from this presentation will help me make positive lifestyle changes.
  - SA (strongly agree)
  - A (Agree)
  - U (Undecided)
  - D (Disagree)
  - SD (Strongly Disagree)