

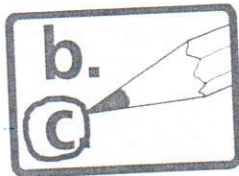
# Are You Ruled by Your Mood?

**B**efore you read on, circle what you believe most accurately describes your present mood:

*Gloomy      Neutral      Happy*

We all experience mood swings. Dr. Joan Oliver, in studies at St. Louis University, found that seven to ten college students out of every 100 suffer from substantial bouts of depression. This finding is consistent with those at other colleges as well.

We don't really know what causes mood swings. Some experts believe the cause is hormonal and not related to our surroundings. But to say that we're victimized by our glands is to disregard the social context in which we live. More often than not, it is people who influence our moods and it is caring people who restore us to an even keel.



## TEST

Can you detect your mood at any given moment? Try the test below, which is based on Professor Oliver's research. Circle all the words that describe your feelings right now, then read on for scores and an explanation.

### COLUMN 1

Humorous  
Calm  
Alive  
Friendly  
Content  
Happy  
Stable  
Rested  
Peaceful  
Strong  
Confident  
Joyful

### COLUMN 2

Fine  
On Top  
Lucky  
Together  
Attractive  
Secure  
Amused  
Brave  
Hopeful  
Adaptable  
Clearheaded  
Capable

### COLUMN 3

Mad  
Old  
Tired  
Restless  
Meek  
Blue  
Weak  
Lost  
Shy  
Sensitive  
Cynical  
Dull

### COLUMN 4

Frustrated  
Tormented  
Unlucky  
Angry  
Offended  
Put Down  
Guilty  
Irritated  
Unsociable  
Jumpy  
Distractible  
Careless

# Are You a People Person or a Wallflower?

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**W**hat makes people get up on stage when the call goes out for volunteers from the audience? Chances are they're extraverts—those who enjoy doing things with and for others.

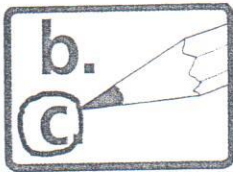
As far back as 1921, Carl Jung, the Swiss psychoanalyst, first coined the terms introversion and extraversion. The notion that all of mankind could be divided into these two types has been around for several centuries, but Jung did the most extensive study and writing on the subject. He maintained that we are born with two "innate attitudes," one which focuses inwardly on ourselves and the other, outwardly toward others.

Jung felt that both of these tendencies exist in everyone. But one attitude gets the upper hand while the other lies submerged deep in the unconscious, exerting a counterforce that may show up in dreams and fantasies. So, according to Jung every extravert on the outside is an introvert on the inside, and vice versa.

While extraverts need heavy doses of social stimulation and are less interested in their inner experiences, such as feelings, imagination, and ideas, introverts are just the opposite.

One orientation is not healthier than the other, although different cultures may encourage one or the other. Introverts are among the world's best researchers, scientists, and writers, while extraverts excel as business managers, teachers, and salespeople.

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## TEST

If you wonder where you fall on the Introvert-Extravert scale, the following quiz might provide some clues.

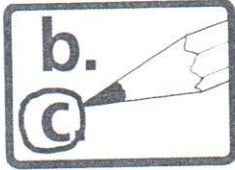
- I am more of a listener than a talker.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- Compared with others, I am difficult to get to know.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- I find it difficult or unpleasant to make small talk.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- I am a worrier.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- I would not want to be in charge of a large group.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- I would feel very self-conscious if someone pointed out a large stain on my clothes in front of other people.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- I have a tendency to daydream.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- It takes me a long time to get over an embarrassment.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- It makes me feel uneasy when strangers watch me doing something.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*
- I would feel embarrassed if I stumbled in public.  
a. *Very true*   b. *Largely true*   c. *Slightly true*  
d. *Not True*



# Do You Express Anger Constructively?

In many cultures, anger and aggression are not considered positive forces in human affairs. But no matter what an individual's culture, he must learn to channel his anger constructively. Unfortunately, few of us are taught how to do this.

There are times when one must communicate, if not act upon, one's angry feelings. The trouble is that many of us confuse anger (a feeling state) with aggression (an act of violence). And this inhibits us from asserting our opinions.



## TEST

Do you confuse the expression of anger with aggression? Do you know how to show anger in a constructive manner? The following quiz may provide an answer.

- I never or very rarely become angry.  
*a. Agree b. Agree somewhat c. Disagree*
- I avoid expressing anger, because most people would misinterpret it as hatred.  
*a. Agree b. Agree somewhat c. Disagree*
- To be honest, I would rather bury my resentment toward a friend than risk losing his or her acceptance.  
*a. Agree b. Agree somewhat c. Disagree*
- No one has ever won an argument by blowing up.  
*a. Agree b. Agree somewhat c. Disagree*
- It's better to work out my anger on my own than to disclose it to others.  
*a. Agree b. Agree somewhat c. Disagree*
- Anger is not a mature or noble way to react to a frustrating situation.  
*a. Agree b. Agree somewhat c. Disagree*
- It's probably not a good idea to discipline someone while you are angry with him or her.  
*a. Agree b. Agree somewhat c. Disagree*
- The expression of anger only begets more anger and adds to the problem.  
*a. Agree b. Agree somewhat c. Disagree*
- When angry, I usually hide it because I fear making a fool of myself.  
*a. Agree b. Agree somewhat c. Disagree*
- When angry with someone close to you, you should try to communicate it in some way, even if it is painful.  
*a. Agree b. Agree somewhat c. Disagree*

# Could You Become Assaultive?

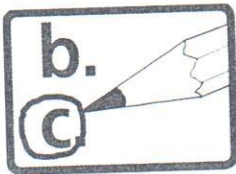
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**W**hen laboratory animals receive electrical shocks they tend to vent their anger by pouncing on those nearby. The effects of frustration on human behavior are not much different. Our frustration often spells trouble for others, especially those closest to us.

Handling hostile impulses is a never-ending, lifelong challenge. Unfortunately, some of us never quite adopt a satisfactory way of managing our hostility. The evidence shows that we learn to be aggressive in stages. As a child one may strike a playmate or parent during a tantrum. But if this type of behavior persists later in life, it can spill over into everyday situations in undesirable proportions. It is through a lifetime of learning that violence is adopted as a solution to social conflicts.

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## TEST

The following quiz is based on the findings of Dr. Richard Parlour and others who have written about aggressive behavior. It may help to gauge your susceptibility to being assaultive.

- I fall into moods of irritability for no apparent reason.  
*a. Rarely b. Sometimes c. Often*
- I don't work hard enough to improve myself.  
*a. Rarely b. Sometimes c. Often*
- If someone yells at me, I yell right back.  
*a. Rarely b. Sometimes c. Often*
- I drink frequently and often get drunk.  
*a. Rarely b. Sometimes c. Often*
- I do things on impulse.  
*a. Rarely b. Sometimes c. Often*
- When others cross me, I don't forgive and forget easily.  
*a. Rarely b. Sometimes c. Often*
- When I'm angry, I slam or break things.  
*a. Rarely b. Sometimes c. Often*
- I engage in physical activity or use some other outlet to "let off steam."  
*a. Rarely b. Sometimes c. Often*
- If someone annoys me, I'm quick to tell them off.  
*a. Rarely b. Sometimes c. Often*
- After an outburst I regret having lost my temper.  
*a. Rarely b. Sometimes c. Often*