**Chapter 7**

**Achieving Good Mental Health**

**Lesson 1 – Your Mental and Emotional Health**

1. The sum of behavioral and emotional tendencies that affect a person’s life is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. A ranked list of those needs essential to human growth and development is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Striving to become the best you can be is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Observing and learning from the behavior of others is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Hierarchy of needs/ mental-emotional health/ personality/ self-actualization/ modeling

**Lesson 2 – Developing a Positive Identity**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is made up of elements such as interests, abilities, values, and goals.
2. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a building block of development that helps you grow up as a health, caring, and responsible individual.
3. Giving thoughtful recommendations on how a friend can improve a skill is an example of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Constructive criticism/ personal identity/ developmental asset

**Lesson 3 – Understanding Emotions**

1. A(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tells your mind and body how to react. A change in the level of a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can affect how you react to situations and thus can affect your emotions. Anger sometimes results in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which can damage a relationship.

**Lesson 4 – Managing Emotions**

1. People sometimes use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to avoid dealing with an unpleasant emotion.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the intentional pushing of unpleasantness out of one’s mind.
3. Identify two strategies for dealing with guilt.