

Beliefs about Motivation Quiz

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| 1. Until a person is motivated to change, there is not much we can do. | True | False |
| 2. It usually takes a significant crisis (“hitting bottom”) to motivate a person to change. | True | False |
| 3. Motivation is influenced by human connections. | True | False |
| 4. Resistance to change arises from deep-seated defense mechanisms. | True | False |
| 5. People choose whether or not they will change. | True | False |
| 6. Readiness for change involves a balancing of “pros” and “cons.” | True | False |
| 7. Creating motivation for change usually requires confrontation. | True | False |
| 8. Denial is not a client problem; it is a therapist skill problem. | True | False |