

C-SORT Practice Test Questions and Answers

1. What is confirmation bias?

- A) Evaluating all evidence fairly.
- B) Seeking new perspectives.
- C) Favoring evidence that supports prior beliefs
- D) Avoiding all assumptions.

2. What is emotional regulation?

- A) Avoiding emotional experiences.
- B) Suppressing all emotions.
- C) Expressing emotions without control.
- D) Managing emotions constructively and adaptively

3. What is cognitive flexibility?

- A) The ability to focus on a single task.
- B) The ability to ignore distractions.
- C) The ability to adapt and switch thinking approaches
- D) The ability to recall long-term memories.

4. What is situational awareness?

- A) Focusing only on personal tasks.
- B) Awareness of your emotions.
- C) Understanding and anticipating surroundings and events
- D) Remembering old information.

Answers: 1-C 2-D 3-C 4-C

For More C-SORT Questions and Answers FREE, C-SORT Online Prep Training, C-SORT Exam, C-SORT Study Guide, C-SORT Flashcards, C-SORT Quizzes visit:

C-SORT Practice Test