

CART - Certified Anger Resolution Therapist Practice Test Questions and Answers

1. What can be a major cause of anger?

- A) Feeling content and fulfilled.
- B) Frustration or perceived injustice.
- C) Understanding and tolerance.
- D) Social support.

2. How can anger impact relationships?

- A) Anger improves communication in relationships.
- B) Anger can damage relationships by causing tension and resentment.
- C) Anger has no impact on relationships.
- D) Anger strengthens relationships by helping people express themselves.

3. What is anger in psychological terms?

- A) A reaction to happiness.
- B) A natural emotional response to perceived injustice.
- C) A form of depression.
- D) A type of stress.

4. How can anger affect physical health?

- A) It has no physical health effects.
- B) Anger can contribute to high blood pressure and other health issues.
- C) Anger improves physical health.
- D) Anger only affects mental health.

Answers: 1-B 2-B 3-B 4-B

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