

## Unit 9 - Interpersonal Character Strengths

### Course outline

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#### Assignment Zero

#### Introduction to Positive Psychology

#### Character Strengths and Virtues

#### Happiness and Well-Being

#### Happiness and Positive Emotions

#### Hope, Optimism, Self and related concepts, and Resilience

#### Flow, Mindfulness and Spirituality

#### Interpersonal Character Strengths

#### Minding & Compassion

#### Forgiveness, Humanity & Gratitude

#### Love, Empathy & Altruism

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## Assignment 7: Interpersonal Character Strengths

The due date for submitting this assignment has passed.  
As per our records you have not submitted this assignment.

**Due on 2019-09-18, 23:59 IST.**

1) Which of the following statements best characterises 'fearful' attachment style as described by Bartholomew & Horowitz (1991)? **1 point**

- It is easy for me to become emotionally close to others.
- I am comfortable without close emotional relationships
- I am uncomfortable getting close to others.
- I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like.

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*I am uncomfortable getting close to others.*

2) According to Gottman, which of the following factors are perceived to be signs of a relationship headed for failure? **1 point**

- Pervasive Criticism
- Contempt
- Stonewalling
- Defensiveness

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Pervasive Criticism*  
*Contempt*  
*Stonewalling*  
*Defensiveness*

3) Who are regulated couples? **1 point**

- Couples who are unstable but free from undue conflict.
- Couples whose relationship is characterised by greater negative than positive emotionality.
- Couples for whom patterns of emotionality are balanced and predictable.
- None of the above

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Couples for whom patterns of emotionality are balanced and predictable.*

4) According to Batson (1994), the value underlying altruism is: **1 point**

- Enhanced personal welfare
- Enhanced welfare of one or more individuals
- Enhanced group welfare
- Upholding a moral principle

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Enhanced welfare of one or more individuals*

5) Which of the following is true about forgiveness? **1 point**

- People are more willing to forgive in relationships in which they feel satisfied, close and committed.
- There is a high correlation between forgiveness and agreeableness.
- Forgiveness is positively related to measures of neuroticism.
- Forgivers tend to endorse socially desirable attitudes and behaviour.

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*People are more willing to forgive in relationships in which they feel satisfied, close and committed.*  
*There is a high correlation between forgiveness and agreeableness.*  
*Forgivers tend to endorse socially desirable attitudes and behaviour.*

6) State True or False: **1 point**

Humility seems related to forgiveness and enhances social relationships.

- True
- False

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*True*

7) Which of the following interpersonal character strengths do religions most commonly seek to provoke and sustain in their believers? **1 point**

- Gratitude
- Flow
- Grit
- Resilience

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Gratitude*

8) Which form of forgiveness characterises individuals who have reached the intermediate stages of moral reasoning, as per Kohlberg's theory? **1 point**

- Revengeful Forgiveness
- Restititional Forgiveness
- Expectational Forgiveness
- Lawful Forgiveness
- Forgiveness as social harmony
- Forgiveness as love

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Expectational Forgiveness*  
*Lawful Forgiveness*

9) Which construct is a robust and important predictor of psychological health that may be an important component of mindfulness-based interventions for anxiety and depression? **1 point**

- Grit
- Humility
- Flow
- Self-compassion

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Self-compassion*

10) According to Neff (2003a,b), what are the three interacting components of self-compassion? **1 point**

- Self-kindness, a sense of common humanity, mindfulness
- Self-kindness, a sense of humility, a sense of humanity
- Self-awareness, a sense of common humanity, mindfulness
- Self-kindness, self-efficacy, mindfulness

**No, the answer is incorrect.**  
**Score: 0**

**Accepted Answers:**  
*Self-kindness, a sense of common humanity, mindfulness*