**Self-awareness qs**

**MCQ**

**- What is the most important criteria that must be accomplished by the nurse before dealing with psychiatric patients?**

a. Salary rate b. Self-awareness

c. Self-understanding d. Standard of nursing practice

**- You want to learn about yourself so you can:**

a - Develop magical powers  
 b- Become an expert on psychological concepts   
 c - Understand yourself better

d - Write an essay about psychology

* **You are interested in increasing your self-awareness to:**a- Verify your current religious beliefs

b- Compare favorably with others who aren't self-aware  
c- See if increased self-awareness impresses people

d- Experience a more conscious life

**T/ F**

* Self-awareness refers to the ability to recognize the nature of others′ behavior, attitude and emotions. **F**
* Extrovert is a quiet individual who relates better to the inner world of ideas, thoughts and feelings. **F**
* The living knowledge of what is happening with us now is called self-awareness. **T**
* Examples on the external factors which influence self-awareness are developmental issues. **F**