



The Double Edge Sword Post-Test

- 1. Which of the following is not a function of a chaplain?**
 - a. Counseling
 - b. Prayer
 - c. Discipline
 - d. Presence
- 2. Which of the following is not one of the actions on the Ace card?**
 - a. Ask
 - b. Care
 - c. Commit
 - d. Escort
- 3. When seeking your own counselor, you should seek someone who:**
 - a. Has all the answers
 - b. Connects well with you
 - c. Will keep your employer informed of your progress
 - d. Has a psychological degree
- 4. When your coworker does not seem like themselves today (quiet, isolated, moody), you should:**
 - a. Remain silent all day to give them their space
 - b. Call a supervisor because they hurt your feelings
 - c. Tell them they are being ridiculous and need to buck up
 - d. Ask if there is anything they'd like to get off their chest
- 5. Which of the following activities is a healthy way to address stress with coworkers?**
 - a. Get together for an activity outside of work
 - b. Have a charged conversation at shift change
 - c. Go out for beers after work
 - d. Keep it inside, your opinion is small in the great realm of things
- 6. What is the best way to keep your head in the game at work and at home?**
 - a. Work plenty of overtime so you can afford to do fun things with family
 - b. Maintain a good home/work life balance
 - c. Scroll social media both places to escape the stress
 - d. Get as much sleep as possible so you're neither tired and cranky nor awake for the stressors
- 7. What is the most important principle that will help you in life to navigate stress, relate to others, stay positive, and keep it legal?**
 - a. Love your neighbor as you love yourself
 - b. Work hard, play hard
 - c. Shut up, liver, we're fine
 - d. Houston, we have a problem