1. In the Adlerian model, *lifestyle* refers to an individual's basic orientation in life. It is the distinctive way one moves toward a life goal or, more precisely, the characteristic beliefs and behaviors used to move toward the life goal.

   Mosak has proposed that there are five basic mistakes associated with lifestyles. Please list them.
   
   1.01. ________________________________
   1.02. ________________________________
   1.03. ________________________________
   1.04. ________________________________
   1.05. ________________________________

2. Please list and define the following terms as existential therapists use them.

   2.01. *existential guilt*
   2.02. *existential vacuum*
   2.03. *freedom*

3. Rogers has argued that three personal characteristics (or attitudes) are central to the therapeutic relationship:

   (1) *congruence (genuineness)*;
   (2) *unconditional positive regard & acceptance (warmth)*; and
   (3) *accurate empathic understanding (empathy)*.

   Please list and define these terms.

   3.01. *congruence (genuineness)*
   3.02. *unconditional positive regard & acceptance (warmth)*
   3.03. *accurate empathic understanding (empathy)*

**Reserve:** Robin & Foster. *Negotiating parent-adolescent conflict*

4. Spivak, Platt, and Shure have argued that there are seven basic skills needed for rational problem solving. Please briefly list the definitions for the following skills.

   4.01. *Problem Finding*
   4.02. *Problem Definition*
   4.03. *Generation of Solutions*
   4.04. *Evaluation*
   4.05. *Decision Making*
   4.06. *Implementation Planning*
   4.07. *Verification*

5. Please list the names and definitions for the following cognitive distortions associated with relationships between parents and adolescents.

   5.01. *Arbitrary Inference*
   5.02. *Autonomy*
   5.03. *Fairness*
   5.04. *Obedience*