

**ASSESSMENT # 3**

**Total Marks: 30**

**Answer the following questions:**

**Q:1.** Short Questions: (18)

- I. What is distorted thinking? How can you avoid these thoughts?
- II. Mention some common forms of distorted thinking.
- III. Outline the characteristics of aggressive behaviour.

**Q: 2.** What are assertive and passive behaviour types? Describe the major consequences these behaviours may lead to. (12)