

ASSESSMENT # 10

Total Marks: 30

Answer the following questions:

- Q: 1:** What is conflict resolution? Describe its Three-step model? 10
- Q:2:** What are the steps to control the negative feelings ? 10
- Q:3:** Explain the importance of following techniques for relaxation? 10
- i. Music
 - ii. Visualization
 - iii. Belly breathing
 - iv. Laughter