**Health Bellwork 10/11 and 10/12** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which is NOT a sign of good mental health?

A) You are realistic about your strengths and weaknesses.

B) You engage in risky behavior.

C) You are open-minded and flexible.

D) You respect other people.

2. Which need is at the top of Maslow's hierarchy?

A) Need to belong

B) Need for self-actualization

C) Need to feel recognized

D) Physical need

3. Which is NOT an example of a defense mechanism?

A) making excuses for your behavior

B) pushing away bad feelings

C) blaming someone else for your feelings

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