

OCT 2017

## QUESTIONS ON FRANKL'S THEORY

### QUESTION 41

Frankl believes that a person's behaviour is motivated by

- (1) the spiritual core of the personality
- (2) self-determining action
- (3) future-directedness
- (4) None of the above

Read the following story carefully, and then answer Questions 42 to 49 which follow

Rose grew up at a time when the freedom and rights of all people were strongly advocated in her country. Her parents, however, strongly adhered to the traditional values and culture of their forefathers. A woman's place was in the home, she was expected to be subservient to her husband, to value the norms of her culture and not move outside of it in any direction of her own. Rose was in conflict. Other youngsters were in open rebellion against the restrictions of the past and were taking advantage of the opportunities that the new wave of freedom in the country afforded them, especially in terms of education and careers of their own choice. Other youngsters indulged in revelry and even crime, doing whatever took their fancy. Rose did not want to upset her parents, yet could not quench her own desire to become a psychologist one day, a career totally foreign to her own culture. She also experienced moments of rebellion against certain cultural beliefs and norms which she felt were unfair and that she herself could not embrace. What was she to do?

### QUESTION 42

According to Frankl, Rose was experiencing

- (1) an unmistakable will to power
- (2) her inherent will to meaning
- (3) an unquenchable will to pleasure
- (4) all of the above

### QUESTION 43

The fact that Rose was in conflict, would be seen by Frankl as

- (1) the inevitable clash between the drives of the id and the censures of the superego
- (2) the inescapable result of the conflicting influences of her environment
- (3) her awareness of her own freedom of choice
- (4) a tragic situation she could do nothing about

### QUESTION 44

Rose observed, and experienced in herself, different reactions to and beliefs about the new freedom in her country. Which one of the following reflects the view of Frankl regarding human freedom?

- (1) Human beings should unquestioningly adhere to norms of tradition and culture
- (2) As human beings, we have the freedom and right to do what we like
- (3) Freedom is a curse because it causes conflict and confusion
- (4) Human beings have been given the freedom to be responsible

Oct 2017

QUESTION 45

Rose was experiencing difficulty in accepting some of the traditional norms of her own people. According to Frankl's theory, Rose wanted to

- (a) be accountable before her own conscience
- (b) experience the meanings and values of life personally and in her own way
- (c) defiantly maintain her own point of view and actualize her own potential no matter what

The correct answer is

- (1) (a), (b) and (c)
- (2) (a) and (b)
- (3) (a)
- (4) (c)

QUESTION 46

A logotherapist, reviewing Rose's case, would say that

- (1) Rose was seeking to establish a state of homeostasis in trying to resolve the tensions she was experiencing
- (2) Rose, in experiencing moments of rebellion against the norms of her own culture, was being adversely conditioned by her peers
- (3) Rose was being challenged to find her own answers to the distress and conflict she was busy experiencing
- (4) Rose was experiencing guilt because she was meant to treasure the norms and values of her culture

QUESTION 47

According to Frankl's view of optimal development, Rose is already manifesting some of the following characteristics

- (a) Self-determining action
- (b) Humour
- (c) Future directedness
- (d) Self-actualisation

The correct answer is

- (1) (a) and (c)
- (2) (a) and (d)
- (3) (a), (b) and (d)
- (4) (a), (b) and (c)

QUESTION 48

Frankl would contend that if the therapist's goal is to help Rose to be happy

- (1) he will succeed, since the only motivation of any human being is to be happy
- (2) he will be on the right track since you must first achieve happiness in life before you can experience meaning
- (3) he will not succeed, because happiness cannot be pursued as an end, since it is an outflow of fulfilling meaning
- (4) he will have to do something about the situation which is causing Rose unhappiness, since there is no way that Rose can find happiness if her environment remains unchanged

QUESTION 49

A logotherapist, in seeking to assist Rose to develop optimally, will encourage her to

- (a) ignore the difficulties she finds herself in
- (b) find some future goal to strive towards
- (c) laugh at the humorous side of her problems
- (d) see things as they are

The correct answer is

- (1) (a), (b), (c) and (d)
- (2) (b), (c) and (d)
- (3) (a), (b) and (c)
- (4) (b) and (c)



OCT 2017

#### QUESTION 50

According to Frankl the fully functioning person has certain characteristics. When an individual can be described as having moved beyond the self, outward-looking and dedicated to values and ideals, Frankl would say that such an individual is

- (1) self-determined
- (2) future directed
- (3) self-transcendent
- (4) appreciative of goodness, beauty and truth

3

may 2017 + may 2016 + may 2015 + may 2014 + oct 2013

May 2017

#### QUESTIONS ON FRANKL'S THEORY

##### QUESTION 41

Frankl believes that a person's behaviour is motivated by

1. will-to-meaning
2. will-to-pleasure
3. will-to-power
4. will-to-actualisation

##### QUESTION 42

According to Frankl's view of the person, self-transcendence is one of the most important characteristics of being human. Which of the following statements describe self-transcendence?

- a. A person has the ability to reach out to something larger and higher than him/herself
- b. A person has the ability to rise above him/herself and his/her circumstances
- c. Self-transcendence can only be reached when a person forgets about him/herself and reaches out to the outside world

The correct answer is

1. (a)
2. (a) & (b)
3. (c)
4. (a), (b) & (c)

4

may 2017

#### QUESTION 43

Concerning the development of the personality, Frankl believes that the (a) - - - - - dimension is the core of the personality. This dimension develops (b) - - - - -

- |   |                   |   |
|---|-------------------|---|
| 1 | (a) psychological | (b) during childhood                                    |
| 2 | (a) spiritual     | (b) from birth and is complete in adolescence           |
| 3 | (a) spiritual     | (b) throughout life, but it is already present at birth |
| 4 | (a) physical      | (b) throughout life                                     |

#### QUESTION 44

Moipone is a single mother with two children and her life is full of challenges. She has no job and recently her shack burned down. With no shelter, no money and very little food, her circumstances look very bleak. According to Frankl's theory, Moipone - - - - -

- |   |  |
|---|--|
| 1 | is unlikely to find meaning in her life until her needs for safety and security have been met              |
| 2 | may be unable to find pleasure and happiness because her life has no purpose                               |
| 3 | is unlikely to find meaning in her life because she has no freedom of choice in her current circumstances. |
| 4 | may still be able to find meaning in her life despite her tragic circumstances                             |

#### QUESTION 45

According to Frankl, suffering is inevitable in life. When we are unable to change a tragic situation, we can

- |   |  |
|---|--|
| 1 | make our suffering more bearable by changing our attitudes towards suffering and pain        |
| 2 | avoid suffering by choosing to be responsible  |
| 3 | avoid suffering through self-actualisation   |
| 4 | make our suffering more bearable by changing other people's attitudes towards our situation. |

#### QUESTION 46

Botsang is a successful retired professional boxer who finds pleasure in entertaining his friends. He lives the "high life" - spending large sums of money on beautiful women, gambling, and holidays in exotic places. According to Frankl's theory, Botsang's life

- |   |   |
|---|---|
| 1 | demonstrates his will to meaning because he has found pleasure and happiness                    |
| 2 | is an existential vacuum because Botsang is motivated primarily by the will to pleasure         |
| 3 | has meaning because he exercises freedom of choice  |
| 4 | demonstrates an unfulfilled will to meaning because Botsang has not achieved self-actualisation |

Note

may 2017 + may 2016 + may 2015 + may 2014 + oct 2013  
Same for Frankl



May 2017

#### QUESTION 47

One of the characteristics of people suffering from collective noogenic neurosis, is **conformism**. Which one of the following people would you call a conformist?

- 1 John is aware that man's freedom of will is limited by ethical rules which make demands on him from outside
- 2 Susan's need for acceptance by others is greater than her need for finding meaning in her life
- 3 Peter does not want to be different from other people, and he avoids his personal responsibilities in the process
- 4 Mary see herself as a helpless victim of life

#### QUESTION 48

Leon decided to see a counsellor. He feels that things in his life are out of control, that there is no purpose in his life and that he is the victim of forces which are beyond his control. Leon feels that he can only do what everyone else is doing, and that is to just drift along. He believes that if there were structures in place which would direct people in general they could just follow the system and all their problems would be solved. According to Frankl's theory, Leon is suffering from

- 1 collective neurosis
- 2 neurotic anxiety
- 3 emptiness
- 4 speed mania

#### QUESTION 49

According to Frankl all human beings are distinguished from other species because of the (a) - - - - dimension, which refers to (b) - - - -

- |   |              |                           |
|---|--------------|---------------------------|
| 1 | (a) neurotic | (b) the freedom to choose |
| 2 | (a) meaning  | (b) our conscience        |
| 3 | (a) noögenic | (b) the spiritual         |
| 4 | (a) meaning  | (b) the freedom to be     |

#### QUESTION 50

Joan is the only one in her family who survived a fatal accident. At the age of ten years she faces life as an orphan. In order to survive her potential difficult circumstances, Joan's existence should be guided by her - - - - which Frankl describes as deeper than any other human motivation

- 1 unshakeable belief that God exists
- 2 will to meaning
- 3 self-awareness
- 4 spiritual core

Note

May 2017 + May 2016 + May 2015 + May 2014 + Oct 2013  
Same for Frankl



Oct 2016  
Oct 2016 + Oct 2015 + May 2013 + Oct 2012 + Oct 2011  
QUESTIONS ON FRANKL'S THEORY

#### QUESTION 41

Logotherapy may be justly called optimistic because it

- (a) teaches us how to always be happy
- (b) is based on the belief that good has the power to overcome evil
- (c) holds the view that meaning can be found in even the worst circumstances
- (d) shows us how we can transform a tragedy into a personal triumph

The correct answer is

- (1) All of the above
- (2) (a) & (d)
- (3) (b) & (c)
- (4) (b), (c) & (d)

#### QUESTION 42

According to Frankl, human freedom

- (a) gives us the ability to achieve whatever we like
- (b) means that, unlike animals, we are free from the influence of survival instincts
- (c) does not cancel out the possibility of failure and guilt
- (d) implies that we can be held responsible for the kind of choices we make

The correct answer is

- (1) All of the above
- (2) (a) & (b)
- (3) (c) & (d)
- (4) (d)

#### QUESTION 43

The statement by Frankl that life is unconditionally meaningful means that

- (a) each and every situation in life, good or bad, contains the challenge to live our lives meaningfully
- (b) the bad in life does not cancel out the good
- (c) suffering and dying can be ignored or cast aside since these human afflictions will not last forever
- (d) unavoidable suffering is no longer so unbearable once there is a reason to suffer bravely

The correct answer is

- (1) (a) & (d)
- (2) (a), (b) & (d)
- (3) (b) & (c)
- (4) (b), (c) & (d)

#### QUESTION 44

Which of the following views represent Frankl's thoughts on human existence?

- (a) Human existence is characterised by a radical transcendence of animal existence
- (b) Human beings are totally different in nature from creatures in the animal kingdom
- (c) Self-transcendence is a uniquely human capacity
- (d) In humans, survival needs never predominate whereas in the animal kingdom they do

The correct answer is

- (1) All of the above
- (2) (a) & (b)
- (3) (a) & (c)
- (4) (c)

Oct 2016 + Oct 2015 + May 2013 + Oct 2012 + Oct 2011

#### QUESTION 45

Frankl describes conscience as

- (a) the particular right thing to do in any given situation or moment in our lives
- (b) the vehicle through which we detect meaning
- (c) our innate ability to invent reality
- (d) our ability to rise above difficult circumstances

The correct answer is

- (1) All of the above
- (2) (a), (b) & (c)
- (3) (a) & (b)
- (4) (b) & (d)

#### QUESTION 46

According to Frankl

- (a) only a specific religion encompasses the one truth of the meaning of human existence
- (b) religion is the one thing that human beings should adhere to if their lives are to be judged as worthwhile
- (c) non-religious people are excluded from finding any meaning in life and are doomed to a meaningless existence
- (d) what we think and personally believe is less important than to embrace the values and demands our religions teach and place upon us

The correct answer is

- (1) All of the above
- (2) (b), (c) & (d)
- (3) (b) & (d)
- (4) None of the above

#### QUESTION 47

Identical twin brothers grew up in a home with a drunken, emotionally abusive and physically violent father. When they grew up, Tom, the one twin, became as abusive and violent and as much of a drunkard as his father was. Tim, the other twin, never abused drink, was not a violent man, and loved and tenderly cared for his wife and children. Which one of the following possibilities is the most likely from Frankl's point of view?

- (1) The different reactions of the twins as adults to the same childhood environments can be explained on the basis that no social input from the environment is exactly the same in any two cases
- (2) In Tom's case, deficiency needs prevailed, whereas in Tim's case, the need for self-actualisation was somehow stronger
- (3) Drives and needs, their satisfaction or frustration, explain a person's behaviour. Tom acted out his frustrations and Tim, through reaction formation, struggled with the same frustrated needs and wishes
- (4) Tim, in reviewing and evaluating his childhood experiences as to their consequences or hurtful effects upon him and others, chose not to follow the same course as his father whereas Tom did

#### QUESTION 48

In Frankl's view, personality is

- (a) shaped on the basis of how a person chooses to act or behave
- (b) a sum total greater than the part played by the genetic, psychological and social influences in a person's life
- (c) not a set entity, but is something that can change
- (d) something that must be worked at, even if the person has achieved psychological maturity

The correct answer is

- (1) (a)
- (2) (a) & (b)
- (3) (a), (b) & (d)
- (4) All of the above



Oct 2016 + oct 2015 + may 2013 + oct 2012 + oct 2011

#### QUESTION 49

Noodynamics means

- (a) a totally spiritual way of being
- (b) an interplay between our freedom to choose and what we choose in the light of the dictates of our conscience
- (c) an existential conflict caused by a sense of spiritual emptiness
- (d) the dynamics of personality based on our freedom of will and the will to find and realise meaning in our lives

The correct answer is

- (1) All of the above
- (2) (b), (c) & (d)
- (3) (b) & (d)
- (4) (d)

#### QUESTION 50

Sam grew up in an American home where he was told that he could become the most powerful man in the world the President of the United States, if he put his mind to it Sam, however, had a learning problem and had difficulty in achieving high marks in school however hard he tried But his parents insisted that all things are possible, even overcoming his learning problems He must keep his hopes alive that he can achieve anything in life if he just wanted to badly enough

Which statement would most accurately reflect Frankl's views on a matter such as the one portrayed in Sam's story?

- (1) It is characteristic of human freedom that all things are possible for the one who believes this to be so
- (2) Human freedom is not limitless The limitations of and restrictions in our lives often serve to guide and steer us in the direction and fulfilment of our own and unique destinies
- (3) Great achievers, like the President of the United States, are meant to inspire us to reach the same great heights in life
- (4) The worth of a person's life is measured by the measure of success he or she has managed to achieve



Oct 2014

## QUESTIONS ON FRANKL'S THEORY

### QUESTION 41

In describing the **person as a spiritual being** Frankl essentially considers the person's

- 3
- (1) drive to survive
  - (2) freedom to choose
  - (3) **religious tendency**
  - (4) will to power

### QUESTION 42

Eva goes to Dr Victor Frankl for counselling. She appears to be very **depressed**. She **doesn't want to live anymore** and finds life to be a **burden**. Which one of the following statements most likely represents what Dr Victor Frankl would have said to Eva, and thus most clearly portrays his philosophy of life?

- 3
- (1) I understand that life has become unbearable for you but I sincerely believe that you can still become the person who you truly are
  - (2) It is your unconscious wish to die which actually provides the energy for your depressed behaviour
  - (3) **Your depression contains a unique challenge to live your life purposefully, with meaning**
  - (4) Your depressed behaviour is the result of the fact that you are a victim of your freedom, and you are doomed to make a choice in life

Read the following story carefully and answer Questions 43 to 46

Ann was diagnosed with cancer at the age of 14 years. Her parents were desperate to save her life, and they fought for her survival as they were beyond themselves with fear of losing her. Her father, a very successful businessman, tried to convince the doctors that he had enough money to buy whatever was needed to save his daughter's life. Ann's mother devoted all her attention, caring and love to her daughter and wanted to make the best of the time they still had together. Ann decided to reach out to other children of her age who were also diagnosed with a terminal illness. With the assistance of an occupational therapist she started a group who got together to make collective works of art. These works of art were donated to the children's wards in hospitals. Ann's therapeutic work was continued in her name as Ann's Collective Arts Group long after she had passed away.

### QUESTION 43

Whereas Ann's decision to reach out to other children of her age who were also suffering from terminal illness refers to (a)\_\_\_\_, her motivation to start an art group refers to (b)\_\_\_\_

- 4
- |                                |                            |
|--------------------------------|----------------------------|
| (1) (a) determinism            | (b) freedom                |
| (2) (a) responsibility         | (b) creativity             |
| (3) (a) instinct               | (b) creativity             |
| (4) (a) <b>freedom of will</b> | (b) <b>will to meaning</b> |

### QUESTION 44

The fact that Ann's father wanted to save her with money and by buying her health may be a sign that (a)\_\_\_\_ is/are uppermost in his behaviour and that he might be experiencing (b)\_\_\_\_

- 1
- |                                  |                                |
|----------------------------------|--------------------------------|
| (1) (a) <b>the will to power</b> | (b) <b>spiritual emptiness</b> |
| (2) (a) attitudinal values       | (b) suffering                  |
| (3) (a) the will to meaning      | (b) suffering                  |
| (4) (a) the need for happiness   | (b) love                       |

Oct 2014

QUESTION 45

Ann's mother's reaction to her daughter's illness, best illustrates Frankl's idea of

- (a) faith
- (b) experiential values
- (c) attitudinal values
- (d) creative values

The correct answer is

- (1) (a)
- (2) (b) & (c)
- (3) (c) & (d)
- (4) (a), (b), (c) & (d)

QUESTION 46

Ann's behaviour in contrast to her father's is a good practical example of Frankl's theory about the development of personality. Frankl postulates that personality is

- (a) influenced by genetic endowment
- (b) influenced by environmental influences
- (c) completely present at birth
- (d) self-determining

The correct answer is

- (1) (c) & (d)
- (2) (a), (b) & (c)
- (3) (b) & (d)
- (4) (a), (b) & (d)

QUESTION 47

According to Frankl, the fully functioning person has certain characteristics. When an individual can be described as having moved beyond the self, outward-looking and dedicated to values and ideals, Frankl would say that such an individual is

- (1) self-determined
- (2) future directed
- (3) self-transcendent
- (4) appreciative of goodness, beauty and truth

QUESTION 48

According to Frankl, noogenic neurosis is experienced when an individual

- (a) does not behave in a rational manner
- (b) does not exercise his or her freedom responsibly
- (c) denies the spiritual side of being human
- (d) experiences meaning in suffering

The correct answer is

- (1) (a), (b) & (c)
- (2) (a), (c) & (d)
- (3) (b) & (c)
- (4) All of the above



Oct 2014

#### QUESTION 49

Leon decided to see a counsellor. He feels that things in his life are out of control, that there is no purpose in his life and that he is the victim of forces which are beyond his control. Leon feels that he can only do what everyone else is doing, and that is to just drift along. He believes that if there were structures in place which would direct people in general they could just follow the system and all their problems would be solved. According to Frankl's theory, Leon is suffering from

- 1
- (1) collective neurosis
  - (2) neurotic anxiety
  - (3) emptiness
  - (4) speed mania

#### QUESTION 50

According to Frankl all human beings are distinguished from other species because of the (a) \_\_\_\_\_ dimension, which refers to (b) \_\_\_\_\_

- 2
- |                  |                           |
|------------------|---------------------------|
| (1) (a) neurotic | (b) the freedom to choose |
| (2) (a) meaning  | (b) our conscience        |
| (3) (a) noogenic | (b) the spiritual         |
| (4) (a) meaning  | (b) the freedom to be     |

may 2012

### QUESTIONS ON FRANKL'S THEORY

The following story is based on the book, *It's not about the bike* My journey back to life, by Lance Armstrong with Sally Jenkins

Read the following story and then answer Questions 41 to 50

At the age of twenty four, Lance Armstrong was well on his way to becoming a cycling legend. Then, just after his twenty fifth birthday, he was diagnosed with stage four cancer and the doctors told him he had little chance of surviving. Lance was devastated by the news but determined to beat this thing (which he regarded as his enemy). He decided to become part of his own healing - working with the medical staff, changing his diet, reading up on everything associated with the type of cancer he had and its treatment. He experienced severe side effects such as nausea as a result of the chemotherapy, the treatment recommended by the doctors. But he never gave up hope. He also believed that cancer was his greatest teacher. Just sixteen months after he was discharged from hospital, he entered the Tour de France cycling race which he won in the fastest time ever.

#### QUESTION 41

According to Frankl's theory, when Lance was diagnosed with cancer in the midst of a successful cycling career, this illustrates that

- (a) the freedom Lance now had was in deciding what his attitude towards his illness would be
- (b) in the face of this devastating diagnosis, Lance was compelled to behave in a certain way
- (c) Lance was a victim of fate and was now in the hands of the doctors if he wanted to survive
- (d) Lance chose to take responsibility when he decided to be part of his own healing

The correct answer is

- (1) (a), (b) & (c)
- (2) (a) & (d)
- (3) (b) & (d)
- (4) All of the above

#### QUESTION 42

According to Frankl's theory, the central issue for Lance was

- (1) to cope with the burden of cancer and its treatment
- (2) to regain a sense of power and success in his life by winning the Tour de France
- (3) to view the cancer as his enemy and a challenge to face, and take charge of
- (4) to regard the cancer, which afflicted him at a high point in his life, as a form of divine punishment

#### QUESTION 43

Lance never gave up hoping and, even in the face of utter hopelessness, clung to anything that contradicted the hopelessness of his situation. According to Frankl's theory, this illustrates

- (1) positive thinking
- (2) Lance's belief in the meaningfulness of life
- (3) faith
- (4) unrealistic thinking



may 2012

#### QUESTION 44

According to Frankl's theory, which of the following statements is the most correct as far as the will to meaning is concerned? The will to meaning is/was

- 2
- (1) always evident in achieving success Only in becoming a cycling legend and winning the *Tour de France* cycling race, could Lance Armstrong experience a sense of meaning
  - (2) evident in the way Lance dealt with his cancer, never gave up hope, and took up his life as a cyclist again
  - (3) only evident when Lance had to face the fact of having cancer and then resolve to overcome it
  - (4) only evident when Lance began to improve physically which freed him to find meaning in his life again

#### QUESTION 45

In the following table, match the values in Column A with the correct example in Column B, and then select the correct option below

Column A: Values	Column B: Example
(a) Creative values	(d) Lance believed that cancer was his greatest teacher
(b) Experiential values	(e) Lance's cycling career and his part in his own healing
(c) Attitudinal values	(f) Lance's comment to his mother after an operation Al love you, I love my life, and you gave it to me, and I owe you so much for that (p 122)

The correct answer is

- (1) [(a) & (e)], [(b) & (f)], [(c) & (d)]
- (2) [(a) & (f)], [(b) & (e)], [(c) & (d)]
- (3) [(a) & (d)], [(b) & (e)], [(c) & (f)]
- (4) [(a) & (d)], [(b) & (f)], [(c) & (e)]

#### QUESTION 46

According to Frankl's theory, which of the following statements would be true in terms of Lance's story?

- (a) In the face of his cancer, which he regarded as his enemy, Lance had a defiant spirit
- (b) Lance could not change the fact of his cancer and its treatment
- (c) Lance changed his suffering into a personal triumph
- (d) Lance reacted to his cancer in the same defiant way that other cancer patients would react

1  
The correct answer is

- (1) (a), (c) & (d)
- (2) (a), (b) & (c)
- (3) (b) & (d)
- (4) All of the above

may 2012

### QUESTION 47

Lance took a stand concerning his cancer and decided to become part of his own healing. When he became a cancer survivor, he started a foundation that involved research into cancer. In terms of Frankl's theory, which characteristic of an optimally developed personality do these examples illustrate?

- (1) Self-determining action
- (2) Respect and appreciation for the uniqueness of others
- (3) Basic reliability and constructiveness
- (4) Appreciation of goodness, beauty and truth

### QUESTION 48

When he was recovering from chemotherapy and the cancer, Lance was in a state of limbo and did not seem to know what to do next. But he also felt he had a new sense of purpose, and that was to serve others. He decided to start a foundation that would involve research into cancer. Lance commented, "To work on something outside myself was the best antidote (p 163)". This example illustrates the concept of self-transcendence which means that mature people like Lance

- (a) are outward looking rather than turned in on themselves
- (b) are involved in those things that guarantee fame and success
- (c) want to be faced with a task or a challenge
- (d) want to feel that they have a calling

The correct answer is

- 2
- (1) (a) & (c)
  - (2) (a), (c) & (d)
  - (3) (b) & (d)
  - (4) All of the above

### QUESTION 49

Lance's friend believed he had some unfinished business in cycling and was starting to seem empty without it. Lance was afraid - afraid the cancer would return and afraid that he would not be as good as he was on the bike before the cancer. His friend challenged him. He said, "I know it's a big unknown, a big risk, a big challenge, and a big scare. There are no givens. But here you are, back to life, and now you need to get back to living (p 179)". Lance decided to start training on his bike again. According to Frankl's theory, Lance's friend

- (a) challenged Lance to act responsibly in terms of his cycling potential
- (b) drew Lance's attention to rediscovering meaning in his life
- (c) prescribed meaning to Lance
- (d) left the decision to cycle again in Lance's hands

The correct answer is

- 1
- (1) (a), (b) & (d)
  - (2) (a), (c) & (d)
  - (3) (c)
  - (4) All of the above



May 2012

QUESTION 50

According to Frankl's theory, it seems that Lance's friend used the technique of (a) \_\_\_\_ which, in this case, refers to (b) \_\_\_\_

- (1) (a) de-reflection  
(b) Lance being encouraged to forget about his fears and to concentrate on something outside of himself - to aim to get back to cycling competitively and actualise his potential, and to exemplify hope to others
- (2) (a) paradoxical intention  
(b) Lance distancing himself from his fears and, in doing so, gaining some perspective on what seemed so important to him previously
- (3) (a) self-detachment  
(b) Lance being encouraged to forget about his fears and to concentrate on something outside of himself - to aim to get back to cycling competitively and actualise his potential
- (4) (a) self-transcendence  
(b) Lance distancing himself from his fears and, in doing so, gaining some perspective on what seemed so important to him previously