

**Life Management Exam
MP-2**

MATCHING -1

Directions: Place the correct letter on the line that matches the definition to the word

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| _____ 1. Apprehensive | A. to arouse extreme anger |
| _____ 2. Foreboding | B. feeling characterized by great anger |
| _____ 3. Wary | C. furiously angry |
| _____ 4. Disgruntled | D. having mixed feelings or contradictory ideas about something or someone |
| _____ 5. Exasperated | E. greatly dismayed or horrified |
| _____ 6. Incensed | F. anxious or fearful that something bad or unpleasant will happen |
| _____ 7. Irate | G. feeling or showing caution about possible dangers or problems |
| _____ 8. Livid | H. angry or dissatisfied |
| _____ 9. Appalled | I. fearful; apprehension |
| _____ 10. Ambivalent | J. intensely irritated and frustrated |

MATCHING-2

Directions: Place the correct letter on the line that matches the definition to the word

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|--------------------------|---|
| _____ 1. Perplexed | A. confused or disconcerted |
| _____ 2. Alienated | B. suspicious |
| _____ 3. Discombobulated | C. completely baffled; very puzzled |
| _____ 4. Lethargic | D. a gloomy state of mind; depression |
| _____ 5. Wretched | E. full of riotousness; marked by disturbance and uproar |
| _____ 6. Anguished | F. to humiliate or shame, as by injury to one's pride or self respect |
| _____ 7. Leery | G. affected by lethargy; sluggish and apathetic |
| _____ 8. Mortified | H. experiencing or including feelings of isolation or estrangement |
| _____ 9. Tumultuous | I. excruciating or acute distress, suffering or pain |
| _____ 10. Melancholy | J. in a very unhappy or unfavorable state |

SHORT ANSWERS

Directions: Answer all short answer questions using complete sentences. Spelling and grammar count.

1. Name three ways to deal with negative stress.

2. How do you decide what to post to social media.

3. Name three positive qualities you see in yourself.

4. Name three qualities you want to improve and how will you try to improve them.

5. List ten things you are grateful for.

6. When you feel overwhelmed and anxious, how do you handle it? What do you do?

7. Name four types of emotion.

8. Name five ways you learned to handle stress.

9. What does your body language say about you?

10. List five ways you show your appreciation.
