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**THE ANSWERS MUST BE ATTEMPTED ON THE ANSWER SHEET PROVIDED**

**Q.1. Answer the following short questions. (6x5=30)**

- 1. How unhealthy negative emotions affect human mental health? Give example, also write what should be alternative.**
- 2. Describe proselytizing rationale and method.**
- 3. Explain cognitive distortions and give example of cognitive distortions in case of depression.**
- 4. Explain Core Irrational Beliefs (IBs) in REBT.**
- 5. Describe Cognitive Restructuring in detail with steps.**
- 6. Define disputing and its types.**

**Q.2. Answer the following questions. (3x10=30)**

- 1. Define rapport building, and write ways to build rapport with patients of schizophrenia.**
- 2. Describe Beck cognitive triad in detail with an examples.**
- 3. Write a detailed note on:**
  - Unconditional positive regard**
  - Problem-solving**
  - Role Playing and reverse role playing**
  - In-vivo desensitization**