Candidates are permitted to bring the following items to their desks: Pencil or pen, Ruler, ID card, Exam card

**Instructions to Candidates:** This paper has 2 pages & 5 questions.

Candidates are reminded that the examiners shall take into account the proper use of the English Language in determining the mark for each response.

**ANSWER ANY TWO (2) QUESTIONS**

1. One psychological explanation of the interpersonal identified is that of “defensive practices”. Discuss this area by outlining with illustrations the defensive mechanisms that individuals may utilize in “Attacking the critic” and “Avoiding Dissonant information”. Additionally, evaluate how these mechanisms affect our interpersonal encounters and show how we can prevent defensive behaviours in others by using any two of Jack Gibbs categories. (20 marks)

2. “Self-monitoring involves three major and somewhat distinct tendencies” (Greenberg & Baron, 1990). Define the concept “Self Monitoring”; highlight the three distinctive tendencies as identified by Greenberg & Baron; and discuss with illustration two advantages and two disadvantages that an individual may face who scored very high and very low on this dimension (that is, a very low self-monitoring and a very high self monitoring individual). (20 marks)
3. Discuss with illustration how the concept of Perception Checking can be aligned with Albert Ellis' Rational Emotive Behaviour Therapy (20 marks)

4a. Using illustrations, discuss how one's emotions become debilitative and what steps can be taken to minimize these types of emotions as outlined by Adler & Towne. (10 marks)

AND

b. Define the concepts of self-disclosure and feedback, as highlighted in the Jo-Hari Window. Illustrate how these concepts can facilitate self-awareness and growth. (10 marks)

5a. Gerard Egan (1976) states that "Interpersonal Living" is a laboratory approach to learning. Some major features of this kind of learning include: "psychological safety", "the here and now"; and "anxiety". Discuss these features with illustrations from your experience in the "laboratory" (tutorial) setting. (10 marks)

AND

b. "Our interpersonal encounters may be characterized by three (3) basic factors including a definition of who we are; the different contexts of our interactions; and the nature of these intercourses. Discuss with illustrations. (10 marks)

END OF QUESTION PAPER