

Viral Life-Changing Theories

Psychology · Practice Test · 21 Questions

1. According to the burnt toast theory, if you experience a delay like missing a bus, what does it signify?

- A) It's a random inconvenience.
- B) You are being delayed for a reason.
- C) It's a sign of bad luck.
- D) You should try to rush more next time.

2. The 90-second theory suggests that an emotion chemically lasts for how long in the body?

- A) 30 seconds
- B) 60 seconds
- C) 90 seconds
- D) 120 seconds

3. If you continue to feel an emotion after 90 seconds, what does the 90-second theory suggest you are doing?

- A) Experiencing a strong emotional response.
- B) The emotion is genuinely powerful.
- C) You are keeping the emotion alive.
- D) Your body is reacting chemically.

4. The 'invisible guest' aspect of the invisible guest theory implies that at social gatherings, most people are:

- A) Intensely focused on you.
- B) Observing your every move.
- C) Thinking about their own issues.
- D) Judging your appearance.

5. The invisible guest theory advises against living your life as if you are:

- A) Alone.
- B) Under a microscope.
- C) Unnoticed.
- D) On vacation.

6. What action is recommended by the sunflower theory when your mood drops?

- A) Listen to music.
- B) Go inside and rest.
- C) Go outside and face the sky.
- D) Call a friend.

7. According to the sunflower theory, how long should you turn your face toward the sky for the benefits to take effect?

- A) 10 seconds
- B) 30 seconds
- C) 60 seconds
- D) 90 seconds

8. What physiological effects are suggested by the sunflower theory's practice?

- A) Increased heart rate and adrenaline.
- B) Brain regulation of cortisol and nervous system reset.
- C) Stimulation of digestion.
- D) Enhanced muscle growth.

9. In the unfinished room theory, what do the people in your life build inside you?

- A) Memories
- B) A 'room'
- C) A foundation
- D) A garden

10. The unfinished room theory suggests that even after a person leaves, the 'room' they influenced:

- A) Disappears completely.
- B) Stays and quietly affects you.
- C) Needs to be demolished.
- D) Is immediately forgotten.

11. Who ultimately decides what stays and what doesn't in the 'room' built by people in your life, according to the unfinished room theory?

- A) The people who built the room.
- B) External therapists.
- C) You.
- D) Time.

12. The title suggests that these theories will ACTUALLY change your life. What does 'actually' imply in this context?

- A) The theories are fictional.
- B) The theories are impactful and real.
- C) The theories are for entertainment only.
- D) The theories are unproven.

13. The burnt toast theory encourages you to 'trust the process.' What does this mean in relation to life's setbacks?

- A) Avoid all planning.
- B) Believe that things will work out as they should.
- C) Resist any change.
- D) Focus only on the negative.

14. The 90-second theory implies that prolonged negative emotions are a result of:

- A) External circumstances.
- B) Chemical imbalances.
- C) Self-perpetuation.
- D) Lack of willpower.

15. The text mentions using the 'yent now app' to check for self-sabotage. What is the purpose of this app in the context of the 90-second theory?

- A) To induce emotions.
- B) To track physical health.
- C) To identify if you're prolonging emotions.
- D) To find new social connections.

16. The invisible guest theory suggests that people are often 'trapped in their own head.' What does this mean?

- A) They are physically confined.
- B) They are preoccupied with their own thoughts and feelings.
- C) They are always thinking about others.
- D) They are unaware of their surroundings.

17. The sunflower theory utilizes 'natural light exposure.' What is the primary signal this sends to the brain?

- A) To increase stress hormones.
- B) To shut down the nervous system.
- C) To regulate cortisol and reset the nervous system.
- D) To induce sleep.

18. In the unfinished room theory, what are some ways people might interact with the 'room' they build inside you?

- A) They fully complete it.
- B) They decorate it or leave mid-remodel.
- C) They always reinforce it.
- D) They ignore it completely.

19. The unfinished room theory states that the 'room' affects how you love, trust, and attach. This suggests that past relationships have a lasting impact on:

- A) Your physical appearance.
- B) Your emotional and relational patterns.
- C) Your financial status.
- D) Your career choices.

20. The core message of the burnt toast theory is about accepting life's unexpected detours and believing in a greater purpose.

- A) True
- B) False

21. The 90-second theory is a scientific discovery about the duration of chemical reactions in the body related to emotions.

- A) True
- B) False