

Functional Emotional Fitness™ Practitioner Test & Answers

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1) What is Functional Emotional Fitness™?

Answer: FEF™ Benchmarks Normal, as the First Step to Measurable Improvement for 17 Issues Including Depression, Anxiety and Stress.

2) Why is it imperative to #DefineNormal in Functional Emotional Fitness™ (mental health)?

Without defining normal anyone can be diagnosed with a behavior disorder and subject to endless experimentation with dangerous pharmaceuticals. One must ask what the objective is without a clear definition of 'Normal.' When one defines 'Normal' one can clearly define 'Better.'

3) What are the normal ranges of the three instrument Functional Emotional Fitness™ Checklist?

Emotional Checklist: 1 – 4

Behavior Control Checklist: 7 -10

Relationship Satisfaction Scale: 7 -10

4) What are the seven key questions (KQ's) used to define Behavioral Epidemiology (Behavior cause and control) and ultimately enable a clear definition of normal?

Answer:

KQ1. What determines an emotional state and human behavior?

KQ2. How does the subconscious work?

KQ3. What do all behavior disorders have in common?

KQ4. What is the difference between brain, mind, conscious and subconscious?

KQ5. What is the function of the conscious and subconscious mind?

KQ6. Is depression a disease or disorder?

KQ7. Is depression caused by a chemical imbalance in the brain?

5) What key questions must be answered when someone claims they are using an empirically sound or evidence-based discipline?

Answer:

KQ1. What is measured?

KQ2. Why is it measured?

KQ3. How are the outcomes generated?

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6) How can I confirm Functional Emotional Fitness™ is indeed effective for MDD (major depressive disorder) and PTSD?

Answer: If you look up “MDD case study” or “military PTSD case study” on any search engine with quotes you will only find one result with any data.

7) Why is it imperative to take control of your subconscious?

Answer: The subconscious runs approximately 4 times faster than you can speak. This means the subconscious will always determine your life’s path. In other words, if you are not running it, it is running you.

8) What does your emotional state equal?

Answer: Your Behavior

9) What determines human behavior?

Answer: Information

10) What are the Components of the information which determine an emotional state and in turn equal a behavior?

Answer: Words and Pictures

11) What makes Burriss Coaching the most fundamental Certification for Coaches, Psychotherapists, Teachers, Counselors or anyone who works with people regarding human behavior?

Answer: Functional Emotional Fitness™ is empirically sound with an integral mandatory data protocol? In other words, every FEF™ Practitioner can prove what they say they can produce. This is what makes FEF™ unique among all mental health disciplines.

12) Do you need personal history for FEF™ to work?

No

13) What are the two key questions you ask someone who is thinking about getting help?

Answer: Would you like everything in your life to work? And Is everything working?

14) What are the questions you ask your client when they come to you with a problem?

Answer: Does that work for you? And Will you benefit from the results?

15) After your client agrees what they are doing does not work, and they will not benefit from the results, what is your next question to them?

Answer: Would you like to change it?

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16) After your client agrees they would like to make a change what is the qualifying question that will indicate to you they are absolutely ready to make a change?

Answer: Is changing this behavior or accomplishing this objective an Absolute Must?

17) Please name the seven steps of Functional Emotional Fitness™.

1) Functional Emotional Fitness™ Checklist

2) Subconscious Perspective & Empowering Questions

3) Subconscious Self-Image

4) The Stop and Replace System

5) The Heart of Functional Emotional Fitness™

6) Food and Fitness Planner

7) The Trance-Formation

18) What are the five key questions from The Heart of Functional Emotional Fitness™?

1) Does this work for me?

2) How do I feel and will I benefit from the results of this?

If the answer to the above question is no, you ask the next question.

3) What can I use to replace this with that will benefit me?

You never reprimand yourself, and anytime you do ask the following questions.

4) What can I learn from this?

And

5) How can I use this to move more quickly toward my objectives?