

## Chapter 7 Review Quiz

*Instructions: Mark the following as either true (T) or false (F).*

1. Habits are often unconscious behaviors.    T    F
2. Any habit is a bad habit and should be dealt with.    T    F
3. Habits are usually easy to change.    T    F
4. The first step to changing a bad habit is recognizing you have it.    T    F
5. Habits learned in childhood carry over to our adult working lives.    T    F
6. Your habits show even when you don't intend them to.    T    F