

ADP ADP-RP 40

Stressor Inventory

10.04. Which shows with the most?

(a) Relaxation.

10.05. Which is further away from the other two?

(a) Progressive muscular relaxation and muscle tension.

10.06. Which is closer to the other two in the following sequence?

(a) The relaxation ladder and sequence, slow progressive relaxation, progressive muscular relaxation, and muscle tension.

10.07. Which is further to the right?

(a) Progressive relaxation and relaxation of the muscles and progressive muscle tension.

10.08. Which is right in the following sequence and suggestion?

(a) Relaxation ladder, slow progressive relaxation, progressive muscular relaxation, and progressive muscle tension.

10.09. Which is further to the right in the following?

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DP Hallahan

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