

Certified Belief Therapist Practice Test Questions and Answers

1. What is the primary focus of belief therapy?

- A) Analyzing past traumas
- B) Identifying and changing limiting beliefs
- C) Prescribing medications
- D) Group therapy sessions

2. Which technique is commonly used to identify unconscious beliefs?

- A) Dream interpretation
- B) Muscle testing or applied kinesiology
- C) Art therapy
- D) Role playing

3. At what age do core beliefs typically begin to form?

- A) 0-7 years
- B) 8-12 years
- C) 13-18 years
- D) 19-25 years

4. What is the goal of belief clearing in therapy?

- A) To eliminate all beliefs
- B) To replace limiting beliefs with empowering ones
- C) To create new traumatic memories
- D) To suppress emotional responses

Answers: 1-B 2-B 3-A 4-B

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