



**7. What is the primary function of "naming" an experience as discussed in the text?**

- A) To forget the details of a difficult life event as quickly as possible.
- B) To provide a labels that others can use to understand our pain.
- C) To initiate a change in how the individual perceives and lives through the experience.
- D) To reduce the number of times a person needs to visit a doctor.
- E) To prove that the individual is the true author of their own life story.

**8. Which of the following can be the best title for this passage?**

- A) The History of Expressive Disclosure in Adults
- B) Why Writing is Superior to Talking in Therapy
- C) The Dangers of Short Emotional Reflections
- D) Healing Through Narrative: The Power of Putting Feelings into Words
- E) How to Reduce Physical Pain Without Medical Intervention

**Cevap Anahtarı:**

1-B, 2-D,3-E, 4-C,5-C, 6-A, 7-C, 8-D