1. The tendency to resist any attempt to limit our freedom is called ____________________.

2. We are happier and more effective people when we have the _________________________________.

3. Describe the procedure for Langer and Rodin’s study.

4. The residents in the increased-responsibility group reported that they ________________________________ than those in the comparison group. Also, the interviewer’s rating of ________________________________ was higher for the increased-responsibility group.

5. What does it mean that the nurses were “blind” to the treatment conditions?

6. What other differences were shown between the groups as a result of the study?

7. Eighteen months later, ratings from the nurses demonstrated ________________________________ ________________________________ of the increased responsibility group.

   a. ___ of the participants in the comparison group had died during the 18-month interval. For the experimental group, only ____ had died during that time.

8. True or false (circle one): Too many choices can lead to lower satisfaction and poorer performance compared to limit choices.

9. Do you believe you have control over what happens to your life? Why or why not? Explain your answer.