

Notes: Theories and Illness Beliefs

Name: _____

The issue of _____ has been specifically applied to health in terms of the _____.

internal locus of control			
Controllable	or	Uncontrollable	by the individual
external locus of control			
Controllable	or	Uncontrollable	by the individual

Weinstein suggested that one of the reasons we continue to practice unhealthy behaviors is...



The top four reasons that we engage in unrealistic optimism are due to...

- 1.
- 2.
- 3.
- 4.

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M Mark



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