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## Free PDF Quiz 2026 ICF-ACC: Accurate Associate Certified Coach Clear Exam

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### ICF Associate Certified Coach Sample Questions (Q35-Q40):

#### NEW QUESTION # 35

If a client shares that they have been struggling to sleep for over a month, which would be the best action for the coach to take?

- A. Suggest that the client consider relaxation techniques to improve their sleep
- B. Ask the client whether they want to change their coaching goals to focus on this challenge
- C. Suggest that the client share what possible worries may be keeping them awake

- D. Ask the client if they have considered seeking help from a mental health professional

**Answer: B**

#### NEW QUESTION # 36

Your client shares that finally, after many months, they are making progress in an area that has been difficult for them. The worst response is:

- A. Listen to the client share, and after a few wows, reflect back to the client some of the path they have walked over the past few months, sharing what you respect and admire in the client.
- B. Slam the desk, shouting "YES YES YES" and fist pump the air in celebration of your client and your good work.
- C. **Remind the client that this change has come only because of the coaching and the help that the coach has been giving.**
- D. Ask the client why they did not make this progress sooner, as they had a good plan in place, and should've resolved the issue already.

**Answer: C**

Explanation:

Comprehensive and Detailed Explanation:

Option C is the worst because it takes credit for the client's progress, violating Competency 2.2 (partnership) and Ethics Section 2.2 (avoiding self-interest). It undermines the client's autonomy (Competency 8.3) and contradicts the ICF Definition of Coaching, which credits the client for their growth.

Option A may be excessive but isn't harmful. Option B criticizes but doesn't steal credit. Option D (best, see Question 23) honors the client. C most egregiously shifts focus to the coach.

#### NEW QUESTION # 37

Your client is frustrated that she is frustrated. She should have been over this mishap in her work a long time ago. She is talking very negatively about herself. "Why can't I get over this..." The best response is:

- A. Remind the client that coaching is forward-looking.
- B. **Invite a reframe and say that sometimes people become frustrated when something is really important to them-might this be the case here?**
- C. Tell the client that you like her a lot and that she should not be so negative.
- D. Ask the client if she always is this negative about herself.

**Answer: B**

Explanation:

Option D aligns with Competency 7, "Evokes Awareness" (7.3 - Offers reframes to shift perspective), by gently encouraging the client to see her frustration in a new light without judgment (Competency 4.1). It fosters curiosity and supports Ethics Section 1.1 (respecting client experience).

Option A is overly personal and directive, breaching Competency 2.2. Option B dismisses the client's current state, missing Competency 6.1 (acknowledges emotions). Option C risks sounding accusatory, undermining trust (Competency 4.1). D best facilitates awareness and growth.

References: ICF Core Competencies (2.2, 4.1, 6.1, 7.3); ICF Code of Ethics (1.1).

#### NEW QUESTION # 38

Which best reflects the meaning of the term "conflict of interest" as it relates to the ICF Code of Ethics?

- A. **The coach serves one of their own interests that works against one of the client's interests**
- B. The client has so many interests that it becomes a challenge to identify dear coaching goals
- C. The interests expressed by the client have the potential to work against the coach's plan for the session
- D. The coach and the client cannot agree on what will serve as the client's best interest during the coi

**Answer: A**

Explanation:

The ICF Code of Ethics (Section 3.1) defines a conflict of interest as "a situation in which a coach has a private or personal interest

sufficient to appear to influence the objective exercise of their professional duties." It's about the coach's competing interests, not the client's. Let's analyze:

\* A. The client has so many interests that it becomes a challenge to identify clear coaching goals:

This is a coaching challenge, not a conflict of interest per ICF's definition.

\* B. The coach and the client cannot agree on what will serve as the client's best interest during the coi: (Assuming "coi" is "coaching") This is a disagreement, not a conflict of interest involving the coach's personal gain.

\* C. The coach serves one of their own interests that works against one of the client's interests: This matches Section 3.1, where a coach's personal agenda (e.g., financial gain) undermines client needs, requiring disclosure (Section 3.2).

\* D. The interests expressed by the client have the potential to work against the coach's plan for the session: This is a misalignment of goals, not a conflict of interest tied to the coach's personal benefit.

Option C best reflects ICF's definition of a conflict of interest.

### NEW QUESTION # 39

Your client has shared that he/she is experiencing a similar problem in different areas of his/her life, in the workplace and in their personal life. As you are discussing this with your client, you begin to think that there might be a pattern emerging. The worst response is:

- A. Notice the pattern and ask the client if exploring what the connecting factors might be could be a useful next step.
- B. Notice the pattern and let your client know that they are deliberately sabotaging themselves by not changing this pattern.
- C. Notice the pattern and suggest that the client change something in order to break the pattern.
- **D. Notice the pattern and offer your client your wisdom in overcoming their difficulty.**

**Answer: D**

Explanation:

Comprehensive and Detailed Explanation:

Option D is the worst because it shifts the coach into an advisory role, offering "wisdom" without client input, which violates the ICF Definition of Coaching (client-driven process) and Competency 2.2 (partnership over directive advice). It also risks imposing the coach's agenda, breaching Ethics Section 2.2.

Option A is the best (see Question 3). Option B suggests action prematurely but is less harmful than C or D. Option C judges the client, which is inappropriate (Competency 4.1), but D's directive stance most egregiously undermines the coaching process by prioritizing the coach's insight over the client's autonomy.

### NEW QUESTION # 40

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