Concept Question 3-16: For stable systems, the forced response includes what other responses?

It includes the transient response and the steady-state response. See Eq. (3.162) for an example. The first term is the steady-state response and the second term is the transient response.

$$y_{zsr}(t) = 2\sqrt{2}\cos(t - 45^{\circ}) \ u(t) - 2e^{-t} \ u(t)$$