INTIMATE RELATIONSHIPS EXAM 2 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Which description fits an Unhappy Unstable Relationship?

A. Low Satisfaction and Independent

B. High Satisfaction and Independent

C. Low Satisfaction and Dependent

D. High Satisfaction and Dependent

2. Which attribution describes the belief that the person could not have done anything?

A. Controllable Attributions

B. Uncontrollable Attributions

C. Specific Attributions

D. Global Attributions

3. What does stonewalling refer to in relationship communication?

A. Expressing all feelings loudly

B. Interrupting with frequent questions

C. Withdrawing into silence

D. Critically judging the other person

4. What is a key purpose of planning time for ongoing dialogue in sexual communication?

A. It eliminates all disagreements immediately.

B. It is unnecessary in healthy relationships.

C. It shifts all responsibility to one partner.

D. It helps ensure regular check-ins and reduces miscommunication.

5. Which of the following is NOT an example of non-physical coercive control?

A. Isolation

B. Monitoring

C. Physical violence

D. Gaslighting

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6. What is jealousy in romantic relationships and what strategies help prevent destructive jealousy?

A. Jealousy is a sign of true love; strategies include spying and controlling.

B. Jealousy stems from fear of loss or insecurity; strategies include open communication, reassurance, boundary setting, boosting self-esteem.

C. Jealousy is purely external; strategies include ignoring partner behavior.

D. Jealousy cannot be managed; strategies include withdrawal.

7. Compare divorce mediation with no-fault divorce and their implications for post-divorce adjustment.

A. Mediation resolves disputes cooperatively; no-fault divorce allows dissolution without proving fault; both influence post-divorce conflict, co-parenting, and adjustment.

B. Mediation is always slower and more expensive than litigation.

C. No-fault divorce requires proving fault.

D. No-fault divorce guarantees immediate remarriage options.

8. Which statement is a classic example of Destiny Beliefs about relationships?

A. They are meant to be

B. Love conquers all

C. Two romantic partners are soulmates and will live happily ever after

D. Love as a feeling can weather any challenge

9. Which items are identified as influences on CL and CLalt?

A. Awareness of other options

B. Cultural changes

C. Social media and dating apps

D. All of the above

10. When approaching a problem, what is recommended to reduce distractions and avoid ambushing your partner?

A. Remember to check your non-verbals

B. Discuss in a neutral location, don't ambush your partner

C. Limit distractions

D. Take a break only after you have finished

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Answers

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1. A
2. B
3. C
4. D
5. C
6. B
7. D
8. A
9. D
10. B

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Explanations

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1. Which description fits an Unhappy Unstable Relationship?

A. Low Satisfaction and Independent

B. High Satisfaction and Independent

C. Low Satisfaction and Dependent

D. High Satisfaction and Dependent

Unhappy unstable relationships are best described by low satisfaction combined with independence. When someone isn't happy with the relationship, motivation to invest in closeness or cooperate with a partner decreases. If the relationship is also unstable, there's a nagging sense of unreliability about staying together, which often leads people to protect themselves by staying more autonomous and self-reliant rather than relying on or merging with their partner. This pattern—discontent paired with pullback from closeness—captures the way instability and dissatisfaction manifest as a tendency to keep distance rather than seek interdependence. In contrast, high satisfaction tends to foster more closeness, and dependence implies leaning on the partner, which wouldn't align with both unhappiness and instability.

2. Which attribution describes the belief that the person could not have done anything?

A. Controllable Attributions

B. Uncontrollable Attributions

C. Specific Attributions

D. Global Attributions

Attributions describe how people explain why something happened. When someone believes the person could not have done anything to change the outcome, they're viewing the cause as outside that person's control. That is the essence of uncontrollable attributions: the situation is seen as not something the person could influence. Controllable attributions would involve factors they can influence, like effort or skill. The other dimensions—specific vs global—deal with whether the cause is limited to this situation or applies more broadly, but they don't address whether the outcome was within or beyond their control. So the belief that nothing could have been done points to an uncontrollable attribution.

3. What does stonewalling refer to in relationship communication?

A. Expressing all feelings loudly

B. Interrupting with frequent questions

C. Withdrawing into silence

D. Critically judging the other person

Stonewalling is withdrawing into silence during a conversation, effectively shutting down and stopping engagement. When one partner pulls back, they may stop looking at you, stop replying, or give nothing but a blank, unresponsive presence. This creates a barrier to solving problems because the other person can't get feedback, clarification, or emotional connection, and the interaction stalls, often leaving tension and distress in its wake. This pattern is different from expressing feelings loudly, which involves open, vocal emotion; from interrupting with frequent questions, which is more about probing the other person's thoughts; and from harshly judging or criticizing, which involves contempt. Stonewalling centers on disengagement and numb withdrawal rather than active communication, problem-solving, or appraisal of the partner's behavior. It's typically a coping response to overwhelm, but it can undermine trust and closeness if it becomes a recurring habit.

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4. What is a key purpose of planning time for ongoing dialogue in sexual communication?

A. It eliminates all disagreements immediately.

B. It is unnecessary in healthy relationships.

C. It shifts all responsibility to one partner.

D. It helps ensure regular check-ins and reduces miscommunication.

Planning time for ongoing dialogue in sexual communication builds a regular, safe space to share needs, boundaries, and desires while checking in on comfort and consent. When partners set aside time for these conversations, they move discussions from the heat of the moment into thoughtful, mutual understanding. This practice helps reduce miscommunication because both people have a chance to listen carefully, ask for clarification, and adjust expectations over time. It also reinforces trust and shared responsibility for maintaining a healthy sexual relationship. While it won't erase every disagreement, it provides a framework for addressing concerns early and collaboratively rather than letting them linger.

5. Which of the following is NOT an example of non-physical coercive control?

A. Isolation

B. Monitoring

C. Physical violence

D. Gaslighting

Non-physical coercive control is about patterns of controlling someone's life without using physical force. Isolation fits because it cuts a person off from support networks, increasing dependence on the abuser. Monitoring fits because it involves watching and restricting a partner's movements or communications, signaling that privacy and autonomy aren't allowed. Gaslighting fits because it manipulates the partner's reality and feelings to undermine confidence and independence. Physical violence, however, uses physical force or the threat of it. It's a physical form of abuse, not a non-physical pattern. The question asks for what is NOT an example of non-physical coercive control, so the correct choice is physical violence.

6. What is jealousy in romantic relationships and what strategies help prevent destructive jealousy?

A. Jealousy is a sign of true love; strategies include spying and controlling.

B. Jealousy stems from fear of loss or insecurity; strategies include open communication, reassurance, boundary setting, boosting self-esteem.

C. Jealousy is purely external; strategies include ignoring partner behavior.

D. Jealousy cannot be managed; strategies include withdrawal.

Jealousy in romantic relationships often comes from fear of losing the partner or insecurity about oneself or the relationship. When those fears drive jealousy, it can fuel controlling behaviors, suspicion, or pulling away, which tends to destroy trust and closeness rather than protect the bond. The strongest answer names that fear of loss or insecurity as the root and offers practical ways to manage it. Open communication allows you to voice what you're feeling and what you need without accusing your partner, which helps reduce hidden resentment and builds understanding. Reassurance from your partner—clear demonstrations of commitment and reliability—helps ease the insecurity that fuels jealous feelings. Setting healthy boundaries makes expectations explicit, reducing uncertainty and the guessing that often feeds jealousy. Boosting self-esteem and focusing on personal growth tackles the internal sources of insecurity, making you less reactive to perceived threats. Spying or controlling is not protective; it undermines trust and autonomy. Jealousy isn't just about external cues, and ignoring or withdrawing fails to address the underlying fears or the relationship dynamics at play.

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7. Compare divorce mediation with no-fault divorce and their implications for post-divorce adjustment.

A. Mediation resolves disputes cooperatively; no-fault divorce allows dissolution without proving fault; both influence post-divorce conflict, co-parenting, and adjustment.

B. Mediation is always slower and more expensive than litigation.

C. No-fault divorce requires proving fault.

D. No-fault divorce guarantees immediate remarriage options.

Post-divorce adjustment is shaped by how the marriage ends. Mediation encourages cooperative dispute resolution, with a neutral facilitator helping both sides reach voluntary agreements on parenting, finances, and living arrangements. This collaborative process tends to reduce ongoing conflict, preserves a sense of control for each party, and supports durable co-parenting plans, all of which ease psychological and practical adjustment after the divorce. No-fault divorce, by allowing dissolution without proving fault, can lower blame and hostility and may streamline the legal process. This can reduce immediate tensions and create space for a more constructive post-divorce transition. But no-fault status alone doesn't determine how well someone adjusts; success still hinges on the quality of agreements reached, the level of ongoing communication or cooperation, and access to support during the transition. Remarriage timing is not dictated by no-fault divorce. No-fault simply means fault isn't required to end the marriage; it does not guarantee when or if someone will remarry.

8. Which statement is a classic example of Destiny Beliefs about relationships?

A. They are meant to be

B. Love conquers all

C. Two romantic partners are soulmates and will live happily ever after

D. Love as a feeling can weather any challenge

Destiny beliefs about relationships hold that some partnerships are fated or meant to be, as if fate guides who ends up together. The statement "They are meant to be" directly asserts that a relationship is destined, capturing that fate-driven view in its clearest form. It emphasizes predestination over effort, suggesting the match is supposed to occur regardless of actions taken. The other statements focus on different ideas. "Love conquers all" highlights the power of love to overcome obstacles, not any preordained destiny. "Two romantic partners are soulmates and will live happily ever after" leans into a soulmate concept and a guaranteed lifelong happiness, which still touches destiny but adds a specific nuance that isn't the quintessential predestination claim. "Love as a feeling can weather any challenge" centers on the resilience of love rather than whether the relationship is fated.

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9. Which items are identified as influences on CL and CLalt?

A. Awareness of other options

B. Cultural changes

C. Social media and dating apps

D. All of the above

The idea being tested is how expectations and perceived options shape comparison level (CL) and the comparison level for alternatives (CLalt). Awareness of other options changes CLalt by making alternatives seem more available and appealing, and it can also nudge CL if those options set higher standards for what would be satisfactory. Cultural changes shift relationship norms and what counts as a good or acceptable outcome, which updates the baseline for both CL and CLalt. Social media and dating apps regularly expose people to more potential partners, increasing the perceived options and often the attractiveness of those options, which can raise CLalt and adjust what is deemed a satisfactory relationship. Since each factor can modify both the standards for evaluation and the perceived availability of alternatives, all of the listed items influence CL and CLalt.

10. When approaching a problem, what is recommended to reduce distractions and avoid ambushing your partner?

A. Remember to check your non-verbals

B. Discuss in a neutral location, don't ambush your partner

C. Limit distractions

D. Take a break only after you have finished

Setting up the conversation in a calm, neutral space helps keep the mood constructive and reduces surprises that can feel like an ambush. When you choose a neutral location and approach the talk openly, it signals that the aim is to solve a problem together, not to trap or attack your partner. This lowers defensiveness, minimizes outside distractions, and gives both people a chance to prepare mentally and emotionally, which makes it easier to listen and respond thoughtfully rather than react impulsively. While staying mindful of non-verbals and limiting distractions are helpful practices, the act of meeting in a neutral setting and avoiding ambush directly supports a collaborative, focused discussion.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://intimaterelationships2.examzify.com

We wish you the very best on your exam journey. You've got this!

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