INTIMATE RELATIONSHIPS EXAM 3 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1
Table of Contents 2
Introduction 3
How to Use This Guide 4
Questions 5
Answers 8
Explanations 10
Next Steps 15

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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 statement best describes the role of humor in repair strategies during conflict?

A. Humor should be avoided in conflict repair.

B. Humor can defuse tension and signal goodwill.

C. Humor can backfire if used to minimize feelings.

D. Humor has no impact on emotional repair.

2. Which term describes a direct tactic such as making accusations?

A. Sarcasm

B. Accusations

C. Condescension

D. Humor

3. What describes the core aim of relationship education?

A. Personal therapy for individuals only

B. Structured programs teaching communication, conflict resolution, and problem-solving

C. Focus on financial planning

D. Parenting skills only

4. What is the difference between romance scripts and sexual scripts, and how do they influence behavior?

A. Romance scripts govern expectations about courtship and emotional closeness.

B. They have no influence on relationship behavior.

C. Sexual scripts govern beliefs about parenting roles.

D. They are irrelevant to satisfaction.

5. In deception, the term for perceiving the recipient as less trustworthy.

A. the liar's lie

B. the liar's paradox

C. deceiver's distrust

D. receiver's distrust

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6. What is the Dyadic Adjustment Scale (DAS) and what are its main subscales?

A. A test for personality traits unrelated to relationships.

B. A widely used measure of relationship quality; subscales include Dyadic Consensus, Dyadic Satisfaction, Dyadic Cohesion, and Dyadic Affectional Expression.

C. A method for assessing child development.

D. A tool for evaluating conflict resolution styles.

7. Which option would NOT be typical of integrative agreement?

A. Both partners gain and learn

B. One partner concedes to the other

C. Relationship improves structurally

D. Problems are resolved through mutual growth

8. Which option best describes the role of humor in repair strategies?

A. Humor should be avoided in conflict repair.

B. Humor can defuse tension and signal goodwill.

C. Humor can backfire if used to minimize feelings.

D. Humor has no impact on emotional repair.

9. What is essential to forgiveness in the context of betrayal?

A. apology by the betrayer

B. giving up the right to retaliate

C. receiving something tangible in return

D. the possibility of asking for favors from the betrayer in the future

10. When navigating social networks, what is a key practice for couples?

A. Negotiate boundaries to maintain autonomy and support.

B. They are irrelevant.

C. They determine finances.

D. They are always supportive.

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Answers

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

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Explanations

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1. Which statement best describes the role of humor in repair strategies during conflict?

A. Humor should be avoided in conflict repair.

B. Humor can defuse tension and signal goodwill.

C. Humor can backfire if used to minimize feelings.

D. Humor has no impact on emotional repair.

Humor can serve as a repair tool by softening the moment and signaling that the relationship matters. When used in a warm, considerate way, a light, affectionate comment can defuse tension, reduce defensiveness, and show goodwill toward the partner. This helps both people feel safer to address the issue and reconnect after a clash, making it easier to move toward resolution. It's important that the humor isn't dismissive or sarcastic about the partner's feelings; the aim is to bolster connection, not minimize the hurt. When used well, humor communicates that the bond is still valued, which is why this option best captures the role of humor in repair strategies during conflict.

2. Which term describes a direct tactic such as making accusations?

A. Sarcasm

B. Accusations

C. Condescension

D. Humor

Direct confrontation by naming fault is a straightforward tactic in communication. Making accusations fits this pattern because it clearly states that someone did something wrong and calls for accountability, without dressing it up in subtler cues. That directness is what sets it apart from the other approaches. Sarcasm relies on irony and a mocking tone to imply disapproval rather than plainly assigning blame. Condescension involves talking down to someone and asserting superiority, not necessarily making a specific fault claim. Humor can lighten a situation or deflect tension and isn't inherently about accusing the other person.

3. What describes the core aim of relationship education?

A. Personal therapy for individuals only

B. Structured programs teaching communication, conflict resolution, and problem-solving

C. Focus on financial planning

D. Parenting skills only

Relationship education is about giving people practical, collaborative skills for how they interact in close relationships. Its main purpose is to help couples or partners communicate clearly, manage disagreements, and solve problems together through structured programs. Those skills provide concrete tools for handling everyday relationship challenges and building healthier, more satisfying connections, which is why a program that teaches communication, conflict resolution, and problem-solving best captures what relationship education aims to do. Focusing only on personal therapy targets individuals rather than the dynamic between people, which misses the relational aspect. Financial planning, while important, addresses money management rather than how partners relate and resolve issues. Parenting skills, though valuable for family life, aren't the central aim of relationship education, which focuses on improving how adults interact with each other.

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4. What is the difference between romance scripts and sexual scripts, and how do they influence behavior?

A. Romance scripts govern expectations about courtship and emotional closeness.

B. They have no influence on relationship behavior.

C. Sexual scripts govern beliefs about parenting roles.

D. They are irrelevant to satisfaction.

Romance scripts describe how dating and emotional closeness are expected to unfold. They guide what people do in courtship, when and how affection is shown, and how relationships are supposed to develop and feel emotionally. Because they set these expectations, they shape behavior in dating: what actions people take to pursue a relationship, how they communicate feelings, how quickly they move toward commitment, and how they interpret a partner's signals. If a person's romance script values steady commitment and open emotional sharing, they're more likely to engage in conversations about the relationship's direction and respond to signals in a way that builds closeness, which also influences satisfaction when reality aligns with those expectations. Sexual scripts, by contrast, govern beliefs about sexual behavior, initiation, consent, boundaries, and gendered norms in sexual situations, and they steer how people act in sexual contexts. Both types of scripts shape behavior and how satisfied people feel when their experiences match or diverge from these expectations. The statement about romance scripts governing expectations about courtship and emotional closeness best captures how these scripts guide dating behavior, while the other ideas either misstate the scope of sexual scripts or claim they don't influence satisfaction.

5. In deception, the term for perceiving the recipient as less trustworthy.

A. the liar's lie

B. the liar's paradox

C. deceiver's distrust

D. receiver's distrust

The key idea is whose trust is being judged in deception. If the person who is deceiving assesses the person they're deceiving as someone who isn't trustworthy, that is the deceiver's distrust. It names the deceiver's attitude toward the recipient's credibility. The other options don't fit: they refer to lying itself, a paradox about lying, or the recipient's own distrust of the deceiver, not the deceiver's view of the recipient.

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6. What is the Dyadic Adjustment Scale (DAS) and what are its main subscales?

A. A test for personality traits unrelated to relationships.

B. A widely used measure of relationship quality; subscales include Dyadic Consensus, Dyadic Satisfaction, Dyadic Cohesion, and Dyadic Affectional Expression.

C. A method for assessing child development.

D. A tool for evaluating conflict resolution styles.

The Dyadic Adjustment Scale is a widely used questionnaire that measures the quality of a romantic relationship. It breaks relationship functioning into four key areas: Dyadic Consensus (agreement on important issues and decisions), Dyadic Satisfaction (overall happiness and contentment with the relationship), Dyadic Cohesion (the amount of shared activities and togetherness), and Dyadic Affectional Expression (the warmth and affectionate behavior exchanged between partners). This structure lets clinicians and researchers identify specific strengths or trouble spots and monitor changes over time. It isn't about unrelated personality traits, child development, or solely about conflict resolution styles—the four subscales together capture overall relationship quality and how it's experienced by both partners.

7. Which option would NOT be typical of integrative agreement?

A. Both partners gain and learn

B. One partner concedes to the other

C. Relationship improves structurally

D. Problems are resolved through mutual growth

Integrative agreement focuses on joint problem solving that expands mutual benefits, so both partners gain, learn, and the relationship itself improves through collaborative growth. The option that would not fit this pattern is when one partner concedes to the other. That describes a unilateral concession, more like a win-lose or power-based outcome rather than a collaborative solution that meets both partners' interests. In integrative approaches, concessions are part of a mutual process that addresses underlying needs and leads to shared benefits, such as improved communication, new ways of meeting each other's needs, and structural improvements in the relationship.

8. Which option best describes the role of humor in repair strategies?

A. Humor should be avoided in conflict repair.

B. Humor can defuse tension and signal goodwill.

C. Humor can backfire if used to minimize feelings.

D. Humor has no impact on emotional repair.

Humor in repair strategies works by reducing threat and restoring warmth after a conflict. When used at the right moment with care, a light, non-dismissive joke or playful remark can lower defensiveness, soften tension, and create a moment of shared positive affect. That softens the emotional climate enough for both partners to re-engage with the issue, apologize when needed, and collaborate on a solution. It also signals goodwill and a desire to reconnect, which helps people feel seen and valued even while addressing hurts. Of course, humor that minimizes feelings or belittles the other person can undermine repair, so timing and tone matter. Overall, humor's best-described role is to defuse tension and show goodwill, aiding the return to constructive dialogue.

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9. What is essential to forgiveness in the context of betrayal?

A. apology by the betrayer

B. giving up the right to retaliate

C. receiving something tangible in return

D. the possibility of asking for favors from the betrayer in the future

Relinquishing the right to retaliate is what forgiveness after betrayal hinges on. When you choose not to hold the hurt against the person or seek revenge, you shift your response from retaliation to moving forward. This internal decision lowers ongoing bitterness and opens the possibility of healthier interaction in the future, even if trust isn't restored right away. An apology from the betrayer can help and may make forgiving easier, but it isn't essential for forgiveness to occur. Likewise, demanding something tangible in return or the ability to ask for favors later aren't part of forgiving; they're external needs or bargaining that don't capture the self-directed release of resentment that forgiveness involves.

10. When navigating social networks, what is a key practice for couples?

A. Negotiate boundaries to maintain autonomy and support.

B. They are irrelevant.

C. They determine finances.

D. They are always supportive.

Negotiating boundaries around social networks helps couples balance autonomy with support. When partners talk about what online interactions are acceptable, what information to share, and who can see what, they set clear expectations that reduce jealousy and miscommunication. This approach preserves each person's sense of privacy and individuality while keeping the relationship connected and trusted. It's not about policing every action, but about agreeing on shared norms—like how to handle interactions with coworkers or exes, what to post about each other, and how to handle visibility in shared feeds—that support both independence and mutual care. The other options miss the core need: social networks impact trust and daily harmony, and finances or constant blanket support aren't the focus of how couples navigate online life.

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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://intimaterelationships3.examzify.com

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

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