

# *The Myths behind Marriage and Motherhood*

*Understanding the Source of Women's Anger*

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**10 CEHs**



## TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**View Text**” link to view the text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
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7. **Enter** credit card information on **Payment Form** that follows.
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## Examination Questions

### **Chapter 1:** A Fairy Tale Beginning

1. According to the author, the beginning seeds of women's anger can be found in the fairy tales women grow up on.
  - a. True
  - b. False
2. According to the author, growing up on fairy tales as the norm for relationships, leaves women completely unprepared for the truth behind marriage and raising children.
  - a. True
  - b. False
3. According to the author, the second reason women rage is in response to how the myths and fairy tales perpetuated by society define female behavior.
  - a. True
  - b. False

### **Chapter 2:** In a More Perfect World

4. According to the author, the conflict between the woman's self-image and society's expectations of how she should feel and behave can lead to:
  - a. headaches and stomachaches
  - b. depression and eating disorders
  - c. alcoholism and prescription drug abuse
  - d. all of the above
5. In the well-known Broverman Study, the characteristics for a healthy adult were the same as those listed for a healthy male and a healthy female.
  - a. True
  - b. False

6. According to the author, by attaching themselves to men (and to other women), who were able to protect and provide for them, women:
- increased the likelihood of their children's survival
  - ensured the perpetuation of the human race
  - developed an ability to make sacrifices to preserve this connection
  - all of the above
7. According to the author, what society has failed to do is recognize women's ability to attach to relationships as admirable, healthy, and appropriate adult behavior.
- True
  - False
8. According to the author, there is a distinct difference between getting emotional needs met in relationships with children, spouses and other family members and enduring household chores, daily childcare tasks and long hours of isolation with small children in the name of biological destiny.
- True
  - False

### **Chapter 3: A World Full of Myths**

9. According to the author, some of the rules for being female include the following:
- women do not have needs
  - women are nurturers trained to meet the needs of others over their own
  - this nurturing is an expectation and therefore has little value attached to it
  - all of the above
10. According to the author, women are expected to be responsible for the health of their relationships by playing the primary role of nurturer.
- True
  - False
11. According to the author, some of the rules for being a wife and mother include the following:
- women are responsible for the smooth functioning of a relationship
  - women are responsible for the failure of the relationship
  - women are responsible for the behavior of loved ones
  - all of the above
12. According to the author, women are not supposed to have feelings about not getting their needs met because they are not supposed to have needs in the first place.
- True
  - False

### **Chapter 4: Understanding the Myths**

13. According to the author, myths are created to:
- explain society's expectations to the next generation
  - pressure individuals into behaving according to the "norm" set by society
  - to easily identify individuals who do not conform to what society values
  - all of the above
14. According to the author, the women's movement succeeded in granting adult status to stay-at-home mothers for staying at home to raise their children.
- True
  - False
15. According to the author, regardless of how a woman mothers, she can count on another mother disapproving of the choices she makes.
- True
  - False

**Chapter 5: The Reality behind the Myths**

16. According to the author, the myths associated with being a healthy female encourage women to focus their energy on looking good, appearing child-like, and to feel useful when they are in the service of others.
- True
  - False
17. According to the author, the myths associated with being a good mother describe how women are responsible for the exclusive care of their children, the children's behavior when they act inappropriately, as well as for any maladies their children may suffer from.
- True
  - False
18. According to the author, because women are taught to meet the needs of their men and to take responsibility for the functioning of the relationship, they are vulnerable to being blamed for the violence in battering relationships.
- True
  - False
19. According to the author, women can become dependent on alcohol to cope with the rules associated with being wives and mothers.
- True
  - False
20. According to the author, women, in every culture throughout the ages, have had primary responsibility for their children.
- True
  - False

**Chapter 6: Anger and Myths**

21. According to the author, anger is:
- a response to feeling threatened, violated or abused
  - an irrational emotion few women feel
  - not permitted to be expressed by women
  - both a & c
22. According to the author, young girls are taught to ask for what they need and to assert that those needs get met.
- True
  - False
23. According to the author, the rage cycle begins when:
- the woman gets her needs met
  - the woman fails to meet the needs of others
  - the woman continues meeting the needs of others beyond her tolerance level
  - all of the above
24. According to the author, the rage cycle is reinforced when the woman is taken seriously only when she is angry.
- True
  - False
25. According to the author, when a woman rages at loved ones, it:
- reinforces the taboo that woman's anger is not healthy
  - is beneficial to family members in keeping the focus on the woman
  - gives the woman the illusion of power
  - all of the above
26. Recovering alcoholics may experience the rage cycle until they develop healthy boundaries.
- True
  - False

27. According to the author, women with ADD are more vulnerable to the rage cycle because:
- a. they have a lower tolerance level for frustration
  - b. they have a greater need for emotional support
  - c. their anger over unmet needs is triggered more quickly
  - d. all of the above

### **Chapter 7:** Treatment Issues

28. According to the author, when making an intervention, it is important to confront society's rules on what it means to be female rather than on the woman's behavior as an isolated incident.
- a. True
  - b. False
29. According to the author, one of the most destructive views on motherhood is that raising children is easy and always fun for women.
- a. True
  - b. False
30. According to the author, in order to change the rage cycle, women must learn about healthy boundaries and how to establish them appropriately.
- a. True
  - b. False
31. According to the author, an important tool for women trying to end their cycle of rage is to:
- a. learn how a woman's body responds to feeling angry
  - b. learn to connect their anger to what is currently happening in their lives
  - c. learn to brainstorm for solutions
  - d. all of the above