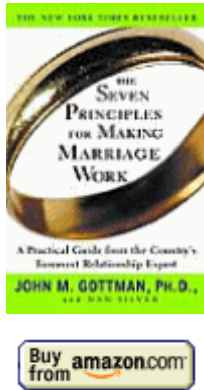


The Seven Principles for Making Marriage Work

A Practical Guide from the Country's Foremost Relationship Expert

John M. Gottman, Ph.D. and Nan Silver

12 CEHs



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Examination Questions

Chapter 1: Inside the Seattle Love Lab: The Truth about Happy Marriages

1. According to the authors, what can make a marriage work is:
 - a. difficult
 - b. not popular
 - c. simple
 - d. none of the above
2. Communication is the key to an enduring, happy marriage.
 - a. True
 - b. False
3. According to the authors, happy marriages are based on:
 - a. sharing common interests
 - b. active listening
 - c. avoiding conflict
 - d. a deep friendship
4. According to the authors, most marital arguments cannot be resolved.
 - a. True
 - b. False

Chapter 2: How I Predict Divorce

5. The authors describe the first horseman as:
 - a. defensiveness
 - b. contempt
 - c. criticism
 - d. stonewalling
6. The authors describe the second horseman as:
 - a. defensiveness
 - b. contempt
 - c. criticism
 - d. stonewalling

7. The authors describe the third horseman as:

- a. defensiveness
- b. contempt
- c. criticism
- d. stonewalling

8. The authors describe the fourth horseman as:

- a. defensiveness
- b. contempt
- c. criticism
- d. stonewalling

9. Repair attempts are the couple's efforts to deescalate the tension during a touchy discussion so flooding is prevented.

- a. True
- b. False

Chapter 3: Principle 1: Enhance Your Love Maps

10. According to the authors, emotionally intelligent couples, who are intimately familiar with each other's world have a richly detailed:

- a. relationship journey
- b. love map
- c. marriage map
- d. none of the above

Chapter 4: Principle 2: Nurture Your Fondness and Admiration

11. According to the authors, two of the most crucial elements in a rewarding and long-lasting romance are:

- a. sexual attraction and satisfaction
- b. fondness and admiration
- c. mutual interests and values
- d. none of the above

Chapter 5: Principle 3: Turn Toward Each Other Instead of Away

12. According to the authors, "turning toward" your spouse is the basis of emotional connection, romance, passion, and a good sex life.

- a. True
- b. False

Chapter 6: Principle 4: Let Your Partner Influence You

13. According to the authors, when a man is not willing to share power with his partner, there is a(n) ____ percent chance that his marriage will self-destruct.

- a. 61
- b. 71
- c. 81
- d. 91

14. When the authors analyzed their data, they found that when the newlyweds discussed an area of conflict, the wives always responded to their husbands by *increasing* the negativity.

- a. True
- b. False

15. According to the authors, using one of the four horsemen to escalate a conflict is a telltale sign that a man is resisting his wife's influence.
- a. True
 - b. False

Chapter 7: The Two Kinds of Marital Conflict

16. According to the authors, ____ percent of marital conflicts are perpetual problems.
- a. 39
 - b. 49
 - c. 59
 - d. 69
17. According to the authors, couples must resolve their major marital conflicts for their marriage to thrive.
- a. True
 - b. False
18. The basis for coping with marital problems is communicating basic acceptance of your partner's personality.
- a. True
 - b. False

Chapter 8: Principle 5: Solve Your Solvable Problems

19. Softening the startup is crucial to resolving conflicts because the authors' research found that:
- a. diplomacy went a long way
 - b. strong confrontations seldom resolved the conflict
 - c. discussions invariably ended on the same note they began
 - d. none of the above
20. According to the authors, it is harder for a woman's body to calm down after an argument than a man's.
- a. True
 - b. False

Chapter 9: Coping with Typical Solvable Problems

21. According to the authors, a typical solvable problem is:
- a. stress
 - b. relation with in-laws
 - c. money
 - d. all of the above
22. According to the authors, women find a man's willingness to do housework extremely erotic.
- a. True
 - b. False

Chapter 10: Principle 6: Overcome Gridlock

23. Happy couples understand that helping each other realize their dreams is one of the goals of marriage.
- a. True
 - b. False

Chapter 11: Principle 7: Create Shared Meaning

24. According to the authors, a rewarding marriage is more about:
- a. raising kids
 - b. splitting chores
 - c. making love
 - d. creating an inner life together

- 25.** According to the authors, a crucial goal of any marriage is to create an atmosphere that encourages each person to talk honestly about his or her convictions.
- a.** True
 - b.** False