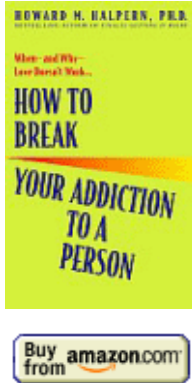


How to Break Your Addiction to a Person

When – and Why – Love Doesn't Work

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8 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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Examination Questions

1. According to the author, which of the following is not a characteristic of an addiction?
 - a. a compulsive drive toward the relationship
 - b. panic at the thought of breaking the relationship
 - c. withdrawal symptoms
 - d. a slow, sad acceptance and healing that follows a loss
2. According to the author, which of the following is not one of the signs of addiction in a relationship?
 - a. not taking steps to end the relationship, even though your judgment tells you it is bad
 - b. not feeling strong enough to balance the negatives in the relationship
 - c. feelings of dread and terror at the thought of ending the relationship
 - d. suffering acute withdrawal symptoms after taking steps to end the relationship

Part One: Attachment Hunger – The Basis of Addiction

3. According to the author, the three psychological “levels of linkage” that can influence the decision to stay in a relationship that should be ended are Practical Considerations, Beliefs, and Detachment Anxiety.
 - a. True
 - b. False
4. According to the author, interrupting an infant’s attachment bonding with mother may leave a lasting trace of attachment hunger in the child.
 - a. True
 - b. False
5. According to the author, being romantically in love or in limerance _____ the same as being ruled by Attachment Hunger.
 - a. is
 - b. is not
6. According to the author, Attachment Hunger is a re-experiencing of the state you were in as an infant or toddler.
 - a. True
 - b. False

7. According to the author, the varying degrees of confidence you will experience in your ability to survive if you were to lose your connection to an important person is dependent on:
- the ability to recognize your unmet needs as a child
 - how frequent you have experienced these needs
 - how well the need for caring and closeness was met as a child
 - none of the above
8. According to the author, the sense of who you are was shaped primarily:
- during adolescence
 - by the people closest to you in your earliest years
 - by all the people you have encountered throughout life
 - all of the above
9. According to the author, the object of exploring the origins of underlying feelings of insecurity or poor self-esteem is to:
- discover that these shaping experiences no longer pertain as far as a realistic current definition of yourself
 - determine whether you are choosing relationships and patterns of interaction that are repeating an old and futile drama
 - help put the past in the past and the present in the present
 - all of the above
10. According to the author, in the oedipal phase of childhood, most children feel a rivalry with the parent of the same sex for the exclusive affection from the parent of the opposite sex.
- True
 - False

Part Two: The Workings of the Addiction

11. According to the author, the term “Attachment Fetish Person” refers to a person that is used for the primary purpose of feeling sexual arousal.
- True
 - False
12. According to the author, which of the following is not one of the self-deceptive maneuvers that may keep a person in a destructive relationship?
- rationalization
 - idealization
 - depression
 - maintaining an illusion
13. According to the author, which of the following is not one of the five common techniques used to control a relationship?
- control through power and weakness
 - control through servitude and guilt
 - control through guilt and jealousy
 - control through servitude and obligation
14. According to the author, in a study involving two academically matched groups of undergraduate college students, the group given tachistoscope stimulation messages of *mommy and I are one* received ____ grades on their final exam.
- higher
 - lower
 - similar
 - none of the above

15. According to the author, which of the following is not crucial to the decision-making process in determining whether to terminate a relationship?
- a. benefit/cost analysis
 - b. evaluating relationship satisfactions
 - c. analysis of your partner's needs
 - d. self-centeredness evaluation

Part Three: Breaking the Addiction

16. According to the author, in deciding whether to end a marriage, the level of Practical Considerations must be:
- a. systematic
 - b. met in practical terms
 - c. irrevocable
 - d. none of the above

17. According to the author, one way to carry an unresolved oedipal situation into adulthood is by becoming involved with someone already married.
- a. True
 - b. False

18. According to the author, which of the following is not one of the major tasks leading to the overall goal of leaving a relationship?
- a. Recognizing and freeing from your particular Attachment Hunger feelings that prevent leaving the relationship.
 - b. Recognizing and putting a stop to the specific self-defeating mental processes that keep you immobilized.
 - c. Identifying specifically what is lacking in the relationship for the other person.
 - d. Maintaining a sense of identity and self-worth without the Attachment Fetish Person.

19. According to the author, there are specific ways friends can be helpful during the addiction-breaking process, including:
- a. support during withdrawal from the relationship
 - b. helping you to remember why you wanted to leave the relationship
 - c. helping you to decide whether you want to leave the relationship
 - d. all of the above

20. According to the author, being connected in an addictive way to another person, though giving you the illusion of identity, is a sure way to further weaken your sense of who you, as a separate being, really are.
- a. True
 - b. False

21. According to the author, help ending a bad relationship through psychotherapy is called for when which of the following condition exist:
- a. When you remain stuck in a relationship even though you have concluded that you should leave.
 - b. When you suspect you are staying for the wrong reasons.
 - c. When recognizing that getting into and remaining in the relationship is a repeated and self-defeating pattern.
 - d. all of the above

22. According to the author, one aspect of ____ involves addressing your Attachment Hunger needs as a legitimate residue of your infant past.
- a. self-testing
 - b. self-approval
 - c. self-sustenance
 - d. none of the above

23. According to the author, which of the following statements is false?

- a.** Those that have intense love feelings without being in a love relationship are deprived of the strength and security of a partner's constancy.
- b.** A love relationship can help people to feel good about themselves, good about their partners, and good about life.
- c.** A love relationship requires two people, while the feeling of being in love requires only one.
- d.** The nurturing of a love relationship does not dictate that there be a degree of accessibility that both partners find acceptable and gratifying.