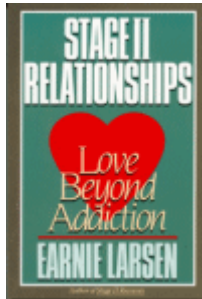


Stage II Relationships

Love Beyond Addiction

Earnie Larsen

4 CEHs



TO TAKE THIS COURSE

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

Introduction

1. According to the author, Stage II recovery is:
 - a. life beyond addiction
 - b. breaking the primary addiction
 - c. rebuilding the life that was saved in Stage I
 - d. none of the above

2. According to the author, Stage II recovery is only an issue for addicted persons.
 - a. True
 - b. False

Chapter 1: There Are Reasons Why

3. According to the author, which of the following statements is true?
 - a. Reasons exist for whatever is going on in our relationships.
 - b. Things do not have to be as they always were.
 - c. A rule of thumb is that we become one parent and marry the other.
 - d. all of the above

4. According to the author, the first commitment you make to a relationship should not be to the relationship itself but to your own personal growth.
 - a. True
 - b. False

5. According to the author, nearly always what we most object to in the behavior of our partners is the exact opposite behavior in us.
 - a. True
 - b. False

6. According to the author, the single most common reason for a failed relationship is:
 - a. lack of common interests
 - b. financial insecurity
 - c. not talking straight
 - d. none of the above

Chapter 2: Personal Relationships Are About Loving

7. In ranking the responses to the question “What does it mean to you to be loved?” the author gave ____ the highest rating in the hierarchy of the experience of being loved.
- a. feeling safe
 - b. feeling supported
 - c. feeling cared about
 - d. feeling special
8. Based on the responses to the question “What does it take for you to feel loved?” the author gave ____ the highest rating.
- a. don’t abuse me
 - b. tell me I count as a person
 - c. surrender
 - d. stand by me
9. According to the author, a relationship cannot be healthier than *both* people are willing and able to make it.
- a. True
 - b. False
10. According to the author, the quality of any relationship is determined by the degree of ____ present.
- a. security
 - b. trust
 - c. fairness
 - d. none of the above

Chapter 3: Understanding Yourself: Your Side of the Net

11. When asked what best described the reason their relationships were troubled, which of the following four options got the biggest response from the respondents?
- a. Because my partner was a jerk.
 - b. Bad luck.
 - c. God’s will.
 - d. Given who I am and who my partner is, there’s no way it could be any different.
12. According to the author, ____ grew up learning and believing that they are good to the extent that they take responsibility for other people’s happiness and success.
- a. caretakers
 - b. people-pleasers
 - c. perfectionists
 - d. martyrs
13. According to the author, ____ never learned to say no.
- a. caretakers
 - b. people-pleasers
 - c. perfectionists
 - d. martyrs

Chapter 4: Understanding Your Partner: The Other Side of the Net

14. According to the author, when we’re listening, most of us:
- a. hear only about half of what is said and understand only about half of what we hear
 - b. remember only half of what we understand
 - c. make appropriate judgments on only about half of what we remember and act appropriately on only about half of that
 - d. all of the above

15. According to the author, four major obstacles can block the path of listening:

- a. fear, idleness, resentments, bad habits
- b. fear, busyness, asymmetry, bad habits
- c. fear, busyness, resentments, bad habits
- d. fear, busyness, resentments, baggage

16. Of the generalized differences given by the author, which two life experiences are the opposite of what women and men are raised to do?

- a. risking and receiving
- b. pleasing others and winning
- c. looking good and independence
- d. none of the above

Chapter 5: Making Contact

17. According to the author, the foundations necessary for successful communication are:

- a. attitude, assertiveness, and ability
- b. aptitude, attitude, and attention
- c. attitude, atmosphere, and ability
- d. attention, assimilation, and approach

18. According to the author, do not attempt to communicate or begin a conversation if one or both are:

- a. trying to do several things at the same time
- b. too busy
- c. so tired you can hardly think
- d. all of the above

Chapter 6: Dealing with Failing and Failed Relationships

19. According to the author, when trust ends, the games start and when games persist too long, the end of the relationship will soon follow.

- a. True
- b. False

20. According to the author, which game is a favorite of negative people?

- a. the “You Decide” game
- b. the “Ain’t It Awful” game
- c. the Guessing game
- d. the “We-Can’t-Afford-It” game

21. According to the author, “closure” doesn’t necessarily mean you have chosen to be “out” of the relationship.

- a. True
- b. False

Chapter 7: A Personal Program of Growth

22. According to the author, all change happens through:

- a. conversion
- b. decision
- c. program
- d. all of the above

23. According to the author, if both partners are working their own individual programs, the differences between them will simply disappear.

- a. True
- b. False

Chapter 8: The Challenge Ahead

24. Which of the following is not one of the author's ten-point plan for sane living?
- a. Believe that life is meant to be good.
 - b. There are no accidents
 - c. You can do it alone.
 - d. You are only responsible for yourself.