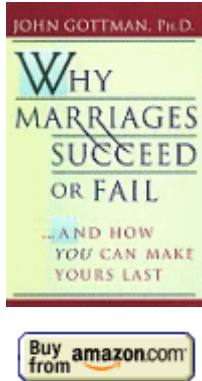


Why Marriages Succeed or Fail

John Gottman, Ph.D.

15 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain 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**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

Examination Questions

Chapter One: What Makes Marriage Work?

1. According to the author, some marital patterns that counselors often take as a sign of a problem, such as fighting or avoiding conflict, can signify highly successful adjustments that will keep a couple together.
 - a. True
 - b. False

2. According to the author, most couples he has worked over the years with really wanted ____ from their marriage.
 - a. companionship and love
 - b. companionship and respect
 - c. love and respect
 - d. none of the above

3. According to the author, in a study based solely on couples’ views of their marital history and their current perceptions, his research team was able to predict which couples were headed for divorce with a ____ accuracy.
 - a. 74%
 - b. 84%
 - c. 94%
 - d. none of the above

4. According to the author’s research, how couples work out their differences is much more important than having compatible views.
 - a. True
 - b. False

5. According to the author, he and Robert W. Levenson were the first to prove that marital satisfaction is linked to the spouses’ ____ responses to one another.
 - a. communicative
 - b. physiological
 - c. emotional
 - d. none of the above

Chapter Two: Marriage Styles: The Good, The Bad, and the Volatile

6. According to the author, only one type of marriage is successful.
 - a. True
 - b. False

7. According to the author, the research by Mary Anne Fitzpatrick found a fair amount of stereotypical sex roles in couples similar to what the author refers to as:
- volatiles
 - avoidants
 - validators
 - vindicators
8. According to the author, volatile couples have little interest in hearing each other's point of view in the heat of an argument.
- True
 - False
9. According to the author, couples who make light of their differences rather than resolving them are:
- volatile
 - avoidant
 - validators
 - none of the above
10. According to the author, a successful marriage generally evolves into one of ____ types.
- two
 - three
 - four
 - five
11. According to the author, the magic ratio of positive to negative feelings is:
- 3 to 1
 - 4 to 1
 - 5 to 1
 - 6 to 1

Chapter Three: The Four Horsemen of the Apocalypse: Warning Signs

12. According to the author, complaining is the least healthy activity that can occur in a marriage.
- True
 - False
13. According to the author, contempt is the intention to insult and psychologically abuse a spouse.
- True
 - False
14. One of the signs of defensiveness is:
- cross-complaining
 - Rubber Man/ Rubber Woman
 - repeating yourself
 - all of the above

Chapter Four: Your Private Thoughts Become Cast in Stone

15. In the example given by the author, Betty's thoughts are:
- distress maintaining
 - self-soothing
 - neutral
 - none of the above
16. When the author evaluated the distressing thoughts couples have, he found they fell into ____ categories.
- four
 - three
 - two
 - none of the above

17. According to the author, the worst consequence of a negative inner script is that it can lead to:
- impulsiveness
 - complaining
 - flooding
 - none of the above
18. According to the author, women become flooded far more easily than men.
- True
 - False
19. According to the author, when flooding becomes rampant it leads to thinking the worst of a spouse most of the time.
- True
 - False
20. According to the author, nothing foretells the future of a marriage as accurately as how a couple retells their past.
- True
 - False

Chapter Five: The Two Marriages: His and Hers

21. According to the author, the most destructive of the four horsemen leading to a marriage's downfall is:
- criticism
 - contempt
 - stonewalling
 - defensiveness
22. According to the author, women grow up having a harder time recovering from upsetting emotions, being told to suppress feelings, and learning to avoid them.
- True
 - False
23. According to the author, during difficult marital discussions, a woman's blood pressure and heart rate will rise higher and will stay elevated longer than her husband's.
- True
 - False
24. In the author's example, Kirk's ____ elevated Agnes's heart rate and created enormous stress for her?
- criticism
 - contempt
 - defensiveness
 - stonewalling
25. According to the author, it's usually the wife who brings in the first horseman – criticism.
- True
 - False
26. According to the author, women are more likely to nourish distress-maintaining thoughts than men.
- True
 - False

Chapter Six: Your Marriage: The Diagnosis

27. According to the author, the remedy for contempt is to:
- calm down
 - choose a style together
 - enhance the 5 to 1 ratio
 - none of the above

28. According to the author, the remedy for flooding is to deal with distress-maintaining thoughts
- a. True
 - b. False

Chapter Seven: The Four Keys to Improving Your Marriage

29. According to the author, there are ____ strategies unhappy couples need to utilize to combat most of the negativity in their marriage.
- a. two
 - b. three
 - c. four
 - d. five
30. According to the author, marital discussions quickly fall apart as soon as one of the spouse's heart rate begins to soar.
- a. True
 - b. False
31. According to the author, it takes most people about ____ minutes for their physiological responses to return to baseline.
- a. seven
 - b. twelve
 - c. fifteen
 - d. twenty
32. According to the author, the most important tactic for short-circuiting defensive communication is to:
- a. choose to have a positive mindset about your spouse
 - b. reintroduce praise into the relationship
 - c. reintroduce admiration into the relationship
 - d. all of the above
33. According to the author, dwelling on what is wrong in a marriage can make it easy to lose sight of what is right.
- a. True
 - b. False

Chapter Eight: Strengthening the Foundations

34. According to the author, people in stable marriages usually go through ____ stages when they argue.
- a. two
 - b. three
 - c. four
 - d. none of the above
35. According to the author, which of the following is an effective repair strategy that keeps negativity from escalating?
- a. stop action
 - b. editing
 - c. gate-keeping
 - d. all of the above
36. According to the author, a sure sign of a strong marriage is a couple's ability to glorify the struggles they've experienced together.
- a. True
 - b. False