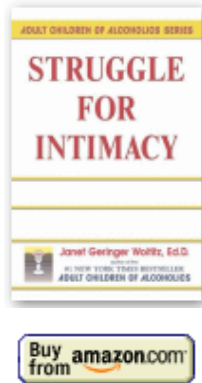


# *Struggle for Intimacy*

Janet G. Woititz, Ed.D.

**3 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

### Introduction

1. According to the author, your relationship behavior as an adult is, in large measure, a reaction to:
  - a. your surroundings
  - b. your beliefs
  - c. your childhood experiences
  - d. none of the above

### Chapter 1: Who Do You Pick for Your Lover?

2. According to the author, with respect to familiar feelings and phrasing, being in an intimate relationship will:
  - a. always have promising rewards
  - b. eradicate all old feelings
  - c. drag out all things that you experienced and felt before
  - d. none of the above
3. According to the author, to change your life, you must:
  - a. change relationships
  - b. change the message
  - c. change your partner
  - d. none of the above
4. According to the author, understanding a behavior \_\_\_\_ make it automatically acceptable.
  - a. does
  - b. does not

### Chapter 2: What is a Healthy Relationship Anyway?

5. According to the author, you know you are in a healthy, intimate relationship when you have created an environment where:
  - a. I can be me and I can grow
  - b. you can be you and you can grow
  - c. we can be us and we can grow together
  - d. all of the above

6. According to the author, a couple grows together by developing mutual goals and it is the \_\_\_\_\_, that helps the relationship.
- a. journey toward the goals
  - b. goals themselves
  - c. achievement of the goals
  - d. none of the above
7. According to the author, a healthy relationship \_\_\_\_\_ symbiotic.
- a. is
  - b. is not

### **Chapter 3: Relationship Issues Shared by Adult Children of Alcoholics**

8. According to the author, by the time one reaches adulthood, your decision-making evolves out of:
- a. what your knowledge and instincts tell you
  - b. what you are reading or being told at the moment
  - c. what messages you received from your parents
  - d. none of the above
9. According to the author, Adult Children of Alcoholics do not handle rejection nor adjust to it.
- a. True
  - b. False
10. According to the author, those who are products of homes where bonding never took place are able to let involvement in a relationship develop slowly.
- a. True
  - b. False
11. According to the author, which of the following statements is true?
- a. Anger needs to be expressed, in one way or another.
  - b. Anger needs to be recognized, acknowledged, talked over, understood, and dissipated.
  - c. Anger is an ever-present, hidden issue in the relationships of Adult Children of Alcoholics.
  - d. all of the above
12. According to the author, guilt is associated with behavior, while shame relates to the essence of the person.
- a. True
  - b. False
13. According to the author, a necessary prerequisite for a healthy relationship is:
- a. communication
  - b. corroboration
  - c. trust
  - d. none of the above
14. According to the author, entering into a new relationship immediately after a relationship ends:
- a. is the best way to get back on track
  - b. only puts off the mourning period and interferes with the new relationship
  - c. can be used as a healthy rebound
  - d. none of the above
15. According to the author, validation \_\_\_\_\_ mean agreement.
- a. does
  - b. does not

**Chapter 4: Issues of Sexuality**

16. According to the author, Children of Alcoholics' concerns about having healthy, intimate relationships are the \_\_\_\_ in same-sex relationships as those in opposite sex relationships.

- a. same
- b. opposite
- c. different
- d. none of the above

17. According to the author, the most common form of incest is between:

- a. mothers and daughters
- b. mothers and sons
- c. fathers and sons
- d. fathers and daughters

**Chapter 5: So You Love a C.O.A.**

18. According to the author, when Children of Alcoholics respond peculiarly to situations, it is often because:

- a. they do not know how to react differently
- b. they do not know that there are other options
- c. they do not know what is appropriate
- d. all of the above

19. According to the author, Children of Alcoholics \_\_\_\_ a strong sense of what alternatives and consequences of decision making there are.

- a. do have
- b. do not have

**Chapter 6: Getting it All Together**

20. According to the author, what is normal in a relationship is behavior that is \_\_\_\_ for you as a couple.

- a. beneficial and calming
- b. logical and conclusive
- c. reasonable and comfortable
- d. none of the above

21. According to the author, which of the following statements is true?

- a. The family system affected by alcoholism is dysfunctional.
- b. Dysfunctional family systems have dysfunctional relationships.
- c. Your behavior is based upon what you learned as a child.
- d. all of the above