

# MODULE 3

# QUIZ

**Select the best answer:**

1. A healthy response to a stressful situation is:
  - A. Screaming and yelling
  - B. Running into your room
  - C. Getting centered and grounded
  - D. Shooting a deer
  
2. A pattern of behavior is a way of acting which happens repeatedly.
  - A. True
  - B. False
  
3. A mistake is:

- A. Something you never make
- B. To be avoided at all cost
- C. Something everyone makes
- D. Something only other people make

4. A non-negotiable:

- A. Is a quality you must have in a relationship
- B. Can change as you learn and experience more
- C. Is something which might show up after marriage
- D. All of the above

5. What can make a painful incident worse?

- A. Crashing into the waiter
- B. Stuffing your feelings
- C. Refusing to talk about it
- D. All the above

6. Childhood experiences can make a painful comment worse.
- A. True
  - B. False
7. Forgiveness \_\_\_\_\_.
- A. Is something you do to get even
  - B. Brings peace and joy
  - C. Causes physical problems
  - D. None of the above.
8. Lack of forgiveness \_\_\_\_\_.
- A. Causes stress
  - B. Can weaken your immune system
  - C. Can affect your digestive system
  - D. All the above
9. When everything seems right but you still can't make a commitment:

- A. Go shopping.
- B. You're afraid of something
- C. Take a trip
- D. Read a novel

10. How can you keep the spark alive?

- A. Date night
- B. Send your partner off with a kiss and hug.
- C. Greet your partner like they were the most important person in your life.
- D. All the above

## ANSWER KEY

- 1. C
- 2. A
- 3. C
- 4. D

5. D

6. A

7. B

8. D

9. B

10. D