

GOTTMAN METHOD – MARITAL ASSESSMENT AND THERAPY STRATEGIES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

[https://
gottmanmaritalassmttherapystrats.examzify.com](https://gottmanmaritalassmttherapystrats.examzify.com)



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	9
Explanations	11
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. What is the Sound Relationship House model, and what are its seven levels in order from the base to the top?**
 - A. Build Love Maps, Turn Toward Each Other, Nurture Fondness and Admiration, The Positive Perspective, Manage Conflict, Create Shared Meaning, Make Life Dreams Come True
 - B. The Positive Perspective, Build Love Maps, Turn Toward Each Other, Nurture Fondness and Admiration, Manage Conflict, Make Life Dreams Come True, Create Shared Meaning
 - C. Build Love Maps, Nurture Fondness and Admiration, Make Life Dreams Come True, Turn Toward Each Other, The Positive Perspective, Create Shared Meaning, Manage Conflict
 - D. Build Love Maps, Nurture Fondness and Admiration, Turn Toward Each Other, The Positive Perspective, Manage Conflict, Make Life Dreams Come True, Create Shared Meaning
- 2. Which best reflects a primary benefit of sex initiation/refusal rituals?**
 - A. They reduce distance in the relationship.
 - B. They are optional and rarely needed.
 - C. They ensure spontaneity.
 - D. They clarify expectations and increase comfort during intimacy.
- 3. In Gottman therapy, how are bids integrated into interventions to improve daily interactions?**
 - A. Bids are ignored to reduce conflict
 - B. Bids are replaced by silence
 - C. Bids are used to escalate arguments
 - D. Therapists train couples to recognize and respond to bids, practice turning toward, and create routines for bids; use "bids tracking" exercises.
- 4. What does a softened startup do in conflict resolution?**
 - A. Initiates conflict aggressively
 - B. Escalates defensiveness
 - C. Diminishes the value of repairing attempts
 - D. Helps de-escalate conflicts and promotes healthier discussions

- 5. What does the Relationship Checkup inform in terms of goals?**
- A. It informs budget planning
 - B. It ignores risks
 - C. It identifies risk domains and strengths; results guide targeted, measurable goals and track progress
 - D. It replaces therapy
- 6. What is the role of the therapist in teaching conscious effective communication and maintaining structure within sessions?**
- A. To teach and model the communication structure with transparent progress; to keep the process accountable and maintain safety.
 - B. To micromanage every sentence spoken by clients
 - C. To avoid discussing progress with clients
 - D. To focus only on homework assignments.
- 7. What is the significance of attunement in Gottman therapy, and how is it cultivated?**
- A. Attunement is understanding partner's feelings; cultivated through listening, reflective statements, validation.
 - B. Attunement is about competitive problem solving
 - C. Attunement is a one-time skill
 - D. Attunement is only practiced by therapists
- 8. Which of the following is a core conflict-management skill recommended by Gottman?**
- A. Gentle startup; Physiological soothing; Start with repair attempts; Use softened language.
 - B. Aggressive argumentation; Blaming; Withdrawing; Escalation.
 - C. Ignoring the problem; Denying feelings; Refusing to listen; Punishing the partner.
 - D. Public shaming; Humiliation; Retaliation; Silence.
- 9. What lies at the bottom layer of the Sound Relationship House?**
- A. Love Maps
 - B. The Positive Perspective
 - C. Manage Conflict
 - D. Create Shared Meaning

10. What is the function of emotional bids in maintaining intimacy?

- A. They indicate withdrawal from the relationship
- B. They invite connection; when responded to positively, closeness increases
- C. They are a sign of impending divorce
- D. They have no impact on intimacy

SAMPLE

Answers

SAMPLE

1. D
2. D
3. D
4. D
5. C
6. A
7. A
8. A
9. A
10. B

SAMPLE

Explanations

SAMPLE

1. What is the Sound Relationship House model, and what are its seven levels in order from the base to the top?

- A. Build Love Maps, Turn Toward Each Other, Nurture Fondness and Admiration, The Positive Perspective, Manage Conflict, Create Shared Meaning, Make Life Dreams Come True
- B. The Positive Perspective, Build Love Maps, Turn Toward Each Other, Nurture Fondness and Admiration, Manage Conflict, Make Life Dreams Come True, Create Shared Meaning
- C. Build Love Maps, Nurture Fondness and Admiration, Make Life Dreams Come True, Turn Toward Each Other, The Positive Perspective, Create Shared Meaning, Manage Conflict
- D. Build Love Maps, Nurture Fondness and Admiration, Turn Toward Each Other, The Positive Perspective, Manage Conflict, Make Life Dreams Come True, Create Shared Meaning**

The Sound Relationship House frames a healthy relationship as built from a solid foundation of friendship and positive interactions, climbing through layers that deepen connection. From bottom to top, the seven levels are: Build Love Maps, Nurture Fondness and Admiration, Turn Toward Each Other, The Positive Perspective, Manage Conflict, Make Life Dreams Come True, Create Shared Meaning. This order makes sense because you start by knowing your partner's world, then cultivate warmth and appreciation, then consistently respond to each other's bids to connect. With that positive, connected climate, you're better equipped to handle conflicts, support each other's dreams, and ultimately create a shared sense of meaning.

2. Which best reflects a primary benefit of sex initiation/refusal rituals?

- A. They reduce distance in the relationship.
- B. They are optional and rarely needed.
- C. They ensure spontaneity.
- D. They clarify expectations and increase comfort during intimacy.**

A primary benefit of sex initiation and refusal rituals is that they clarify expectations and increase comfort during intimacy. When couples have a shared way to signal interest, readiness, or hesitation, it reduces guesswork and anxiety around sex. This predictable communication helps both partners understand what the other wants, how fast to proceed, and where boundaries lie, which strengthens trust and emotional safety. In practice, these rituals give a respectful framework for initiating sex and for responding to a decline, so consent is ongoing and clear rather than assumed. That clarity and safety make intimate moments feel more comfortable and connected, supporting the couple's emotional bond. The other ideas aren't as central to why these rituals are useful. The goal isn't just to keep things spontaneous or to imply intimacy is optional; it's to create a reliable line of communication that makes intimacy more comfortable and mutually enjoyable.

3. In Gottman therapy, how are bids integrated into interventions to improve daily interactions?

- A. Bids are ignored to reduce conflict
- B. Bids are replaced by silence
- C. Bids are used to escalate arguments

D. Therapists train couples to recognize and respond to bids, practice turning toward, and create routines for bids; use "bids tracking" exercises.

In Gottman therapy, daily interactions hinge on recognizing and responding to bids for connection. A bid is any attempt to share attention, support, or affection—like a question, a comment, or a touch. How a partner responds to that bid—turning toward, turning away, or turning against—shapes the relational climate. The most effective intervention is to train couples to notice these bids, respond by turning toward, and create routines for regular bidding through structured practices like bids tracking. This builds sustained, positive connections and makes everyday interactions more responsive. Ignoring bids removes opportunities for connection, replacing bids with silence cuts off potential closeness, and using bids to escalate arguments increases conflict. The tracking exercises specifically raise awareness of bid patterns and reactions, reinforcing the turning-toward responses that strengthen relationship health.

4. What does a softened startup do in conflict resolution?

- A. Initiates conflict aggressively
- B. Escalates defensiveness
- C. Diminishes the value of repairing attempts

D. Helps de-escalate conflicts and promotes healthier discussions

Softened startup is about beginning a difficult conversation in a gentle, non-threatening way that invites collaboration instead of triggering a fight. It uses calm language, focuses on a specific behavior and its impact, and often ends with a question or request for partnership. For example, you might say, "I feel stressed when the kitchen is left cluttered because it makes my evening hard to unwind. Could we come up with a simple cleanup routine together?" This approach signals safety and partnership, which lowers the other person's defensiveness and makes it easier to move into problem solving. That's why it's the best answer: it directly reduces defensiveness and sets the stage for a constructive, repair-oriented discussion. In contrast, starting with aggression, or letting defensiveness escalate, or dismissing repair attempts tend to push the other person away from cooperation and make resolving the issue harder.

5. What does the Relationship Checkup inform in terms of goals?

- A. It informs budget planning
- B. It ignores risks

C. It identifies risk domains and strengths; results guide targeted, measurable goals and track progress

- D. It replaces therapy

The Relationship Checkup maps where a relationship is strong and where there are risk areas, and uses that information to shape what you work on. By identifying specific risk domains and strengths, it guides the setting of targeted, measurable goals and creates a plan to track progress over time. This helps couples focus on concrete objectives and see how changes show up in follow-up assessments. It's not about budget planning, it doesn't ignore risks, and it doesn't replace therapy—it's a tool to tailor therapy to the couple's unique pattern and monitor improvement.

6. What is the role of the therapist in teaching conscious effective communication and maintaining structure within sessions?

- A. To teach and model the communication structure with transparent progress: to keep the process accountable and maintain safety.**
- B. To micromanage every sentence spoken by clients
- C. To avoid discussing progress with clients
- D. To focus only on homework assignments.

The main idea is that the therapist guides couples to speak and listen in a deliberate, constructive way while keeping sessions organized and safe. The therapist models and teaches the communication framework—clear, nonblaming language, I-statements, and specific steps for expressing needs and listening for understanding—so partners experience how conscious dialogue works in real time. By establishing and maintaining a clear structure within sessions—an agreed agenda, defined time for each topic, turn-taking, and planned moments to pause, reflect, or repair—the therapist creates predictability and safety. This structure helps couples stay focused, regulate emotions, and practice the skills without slipping into old patterns or spiraling into conflict. The role also includes making progress visible and accountable. The therapist provides feedback, reinforces when the skills are used effectively, and gently holds the couple to agreed goals and rules. This accountability, paired with a safe environment, supports ongoing practice and trust. Choices that involve micromanaging every sentence undermine autonomy and trust; avoiding progress discussions removes necessary feedback; and focusing solely on homework ignores in-session skill-building and safety.

7. What is the significance of attunement in Gottman therapy, and how is it cultivated?

- A. Attunement is understanding partner's feelings; cultivated through listening, reflective statements, validation.**
- B. Attunement is about competitive problem solving
- C. Attunement is a one-time skill
- D. Attunement is only practiced by therapists

Attunement in Gottman therapy means truly recognizing and resonating with your partner's emotional experience so they feel seen and understood. This matters because it lowers defensiveness, builds trust, and creates a safe emotional space that makes repair and connection possible. It is cultivated by active listening—paying full attention, noticing cues, and staying curious about what the other person is feeling—followed by reflective statements that paraphrase what you heard, and validating the partner's emotions even when you see things differently. The practice also involves confirming you understood correctly and responding with empathy rather than jumping to problem-solving or judgment. Attunement is an ongoing skill for both partners, not a one-time trick, and it extends beyond therapy into daily interactions. It isn't about competition or therapist-only work; couples grow attunement by consistently listening, reflecting, and validating each other's emotional experience.

8. Which of the following is a core conflict-management skill recommended by Gottman?

A. Gentle startup; Physiological soothing; Start with repair attempts; Use softened language.

B. Aggressive argumentation; Blaming; Withdrawing; Escalation.

C. Ignoring the problem; Denying feelings; Refusing to listen; Punishing the partner.

D. Public shaming; Humiliation; Retaliation; Silence.

Gottman's approach to conflict management centers on de-escalating tension and keeping the relationship emotionally connected while working toward a solution. The best option embodies this by combining a gentle startup, physiological soothing, starting with repair attempts, and softened language. A gentle startup helps prevent defensiveness by avoiding blame at the outset. Physiological soothing lowers arousal, so both partners can think more clearly and listen better. Starting with repair attempts signals a willingness to mend the interaction even when upset, keeping the focus on resolution rather than victory. Softened language reduces hostility and makes it safer to engage, which is crucial for constructive dialogue. Together, these practices form a practical toolkit that counters the usual downward spiral of conflict. The other options depict patterns that escalate or shut down dialogue—aggression, withdrawal, denial, humiliation—patterns Gottman warns against because they erode trust and connection.

9. What lies at the bottom layer of the Sound Relationship House?

A. Love Maps

B. The Positive Perspective

C. Manage Conflict

D. Create Shared Meaning

The bottom layer is Love Maps. This foundation represents the detailed knowledge partners have of each other—their history, daily rhythms, preferences, worries, dreams, and important life events. When you know your partner's world well, you can respond with empathy, anticipate needs, and tune into subtle bids for connection. That awareness supports every other aspect of the relationship: it fuels a positive view of one another, guides how you handle conflicts, and provides a shared context for meaning and goals. The other layers—maintaining a positive perspective, managing conflicts, and creating shared meaning—sit on top of that base and rely on the deep understanding established by Love Maps.

10. What is the function of emotional bids in maintaining intimacy?

A. They indicate withdrawal from the relationship

B. They invite connection; when responded to positively, closeness increases

C. They are a sign of impending divorce

D. They have no impact on intimacy

Emotional bids are tiny invitations to connect emotionally. Their function is to invite connection; when someone responds positively with warmth, attention, and understanding, the couple's closeness increases. These moments—whether a shared smile, a supportive comment, or a sincere question about how the day went—are the daily fuel that sustains intimacy, building trust and a sense of safety over time. If bids are ignored or met with criticism or withdrawal, the relationship feels less connected and intimacy can erode. So the best choice captures that bids are invitations to connect and that positive responses strengthen closeness.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://gottmanmaritalassmttherapystrats.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE