

# Intimate Relationships Exam 2 Practice (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# 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

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- 1. Which of the following best defines intimate partner violence (IPV) and why is it important to recognize all forms?**
  - A. IPV is a term used to describe frequent arguments.**
  - B. IPV refers only to physical violence.**
  - C. IPV includes physical, sexual, and emotional abuse; recognizing all forms is crucial for safety, intervention, and appropriate support.**
  - D. IPV always requires police involvement.**
  
- 2. In a Happy Unstable Relationship, which statements are true about satisfaction and independence?**
  - A. High Satisfaction and Independent**
  - B. High Satisfaction and Dependent**
  - C. Low Satisfaction and Independent**
  - D. Low Satisfaction and Dependent**
  
- 3. What is a key purpose of planning time for ongoing dialogue in sexual communication?**
  - A. It eliminates all disagreements immediately.**
  - B. It is unnecessary in healthy relationships.**
  - C. It shifts all responsibility to one partner.**
  - D. It helps ensure regular check-ins and reduces miscommunication.**
  
- 4. Yes-butting is**
  - A. One partner mentions a concern and is met with criticism**
  - B. A calm discussion**
  - C. A neutral evaluation**
  - D. A supportive agreement**
  
- 5. Define coercive control and provide examples of non-physical abuse.**
  - A. Defining it as a single isolated act of aggression.**
  - B. Referring only to financial coercion.**
  - C. Only physical acts like hitting.**
  - D. A pattern of behaviors intended to dominate and restrict a partner, including isolation, monitoring, threats, and gaslighting.**

- 6. What is jealousy in romantic relationships and what strategies help prevent destructive jealousy?**
- A. Jealousy is a sign of true love; strategies include spying and controlling.**
  - B. Jealousy stems from fear of loss or insecurity; strategies include open communication, reassurance, boundary setting, boosting self-esteem.**
  - C. Jealousy is purely external; strategies include ignoring partner behavior.**
  - D. Jealousy cannot be managed; strategies include withdrawal.**
- 7. In attribution terms, which statement best describes Unstable?**
- A. Occurs frequently and is long-lasting**
  - B. Attributed to talent or ability**
  - C. Caused by external or situational factors**
  - D. Occurs only on occasion; temporary**
- 8. Topics of conversation: Which pair is correct?**
- A. Women talk more about feelings and people; men about objects and celebrities**
  - B. Women talk more about politics; men about sports**
  - C. Women talk more about objects and celebrities; men about feelings and people**
  - D. Women talk equally about feelings and objects; men about celebrities**
- 9. Which attachment style is most associated with heightened monitoring and insecurity in romantic relationships?**
- A. Secure attachment**
  - B. Avoidant attachment**
  - C. Anxious attachment**
  - D. Disorganized attachment**

**10. Which distinction contrasts internal, dispositional explanations with external, situational explanations?**

- A. Stable vs Unstable (Stable)**
- B. Internal vs External**
- C. Michelangelo phenomenon**
- D. Stereotyping**

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## Answers

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

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## **Explanations**

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**1. Which of the following best defines intimate partner violence (IPV) and why is it important to recognize all forms?**

**A. IPV is a term used to describe frequent arguments.**

**B. IPV refers only to physical violence.**

**C. IPV includes physical, sexual, and emotional abuse; recognizing all forms is crucial for safety, intervention, and appropriate support.**

**D. IPV always requires police involvement.**

Intimate partner violence is about patterns of abuse and control, not just a single incident. It includes physical, sexual, and emotional abuse, as well as coercive control, threats, isolation, and economic harm. Recognizing all forms is crucial because nonphysical abuse can be just as damaging as physical harm, may occur without visible injuries, and can erode safety and autonomy over time. Understanding the full spectrum helps people seek appropriate help—from safety planning and counseling to legal protections and access to healthcare—rather than assuming help is only for physical violence or requiring police involvement. The other ideas are too narrow: arguing is not the same as a pattern of abuse; violence limited to physical acts misses the emotional and sexual harm; and expecting police involvement in every case ignores to vary how abuse is addressed and when other supports are needed.

**2. In a Happy Unstable Relationship, which statements are true about satisfaction and independence?**

**A. High Satisfaction and Independent**

**B. High Satisfaction and Dependent**

**C. Low Satisfaction and Independent**

**D. Low Satisfaction and Dependent**

Satisfaction can be high even if a relationship is not perfectly stable, and independence means maintaining your own life and decisions rather than merging completely with your partner. In a Happy Unstable Relationship, the best fit is high satisfaction together with independence because the relationship feels fulfilling while each person keeps personal autonomy. This combination supports a positive view of the relationship while reducing the risk of co-dependence during ups and downs—people can enjoy the bond but still pursue individual goals, friendships, and activities. The other patterns—high satisfaction with dependence, or low satisfaction with independence or dependence—don't align as well with a dynamic described as happy yet unstable, where autonomy helps manage volatility while still feeling satisfied.

### 3. What is a key purpose of planning time for ongoing dialogue in sexual communication?

- A. It eliminates all disagreements immediately.
- B. It is unnecessary in healthy relationships.
- C. It shifts all responsibility to one partner.
- D. It helps ensure regular check-ins and reduces miscommunication.**

Planning time for ongoing dialogue in sexual communication builds a regular, safe space to share needs, boundaries, and desires while checking in on comfort and consent. When partners set aside time for these conversations, they move discussions from the heat of the moment into thoughtful, mutual understanding. This practice helps reduce miscommunication because both people have a chance to listen carefully, ask for clarification, and adjust expectations over time. It also reinforces trust and shared responsibility for maintaining a healthy sexual relationship. While it won't erase every disagreement, it provides a framework for addressing concerns early and collaboratively rather than letting them linger.

### 4. Yes-butting is

- A. One partner mentions a concern and is met with criticism**
- B. A calm discussion
- C. A neutral evaluation
- D. A supportive agreement

Yes-butting happens when one partner brings up a concern and is met with criticism or dismissal, effectively turning the conversation into a defense rather than a collaborative dialogue. This pattern uses a counter-attack or a "Yes, but..." reply, which shuts down genuine listening and makes it harder to address the issue together. It stands in contrast to a calm discussion (where both sides listen and validate), a neutral evaluation (which weighs the issue without emotional defense), and a supportive agreement (which acknowledges the concern and works toward a solution). So the description "One partner mentions a concern and is met with criticism" best captures yes-butting.

### 5. Define coercive control and provide examples of non-physical abuse.

- A. Defining it as a single isolated act of aggression.
- B. Referring only to financial coercion.
- C. Only physical acts like hitting.
- D. A pattern of behaviors intended to dominate and restrict a partner, including isolation, monitoring, threats, and gaslighting.**

Coercive control is a pattern of behaviors aimed at dominating and restricting a partner's freedom, not a single incident. It relies on ongoing tactics that erode autonomy and create dependence. Non-physical abuse includes isolating someone from friends and family, monitoring where they go and who they talk to, controlling money and resources, issuing threats or using intimidation, and gaslighting—making the partner doubt their memory or reality. These behaviors accumulate to establish power over the partner without needing physical violence. The description that matches this pattern and range of tactics is the best answer because it centers on ongoing control rather than isolated acts, a narrow focus on finances, or solely physical abuse.

- 6. What is jealousy in romantic relationships and what strategies help prevent destructive jealousy?**
- A. Jealousy is a sign of true love; strategies include spying and controlling.**
  - B. Jealousy stems from fear of loss or insecurity; strategies include open communication, reassurance, boundary setting, boosting self-esteem.**
  - C. Jealousy is purely external; strategies include ignoring partner behavior.**
  - D. Jealousy cannot be managed; strategies include withdrawal.**

Jealousy in romantic relationships often comes from fear of losing the partner or insecurity about oneself or the relationship. When those fears drive jealousy, it can fuel controlling behaviors, suspicion, or pulling away, which tends to destroy trust and closeness rather than protect the bond. The strongest answer names that fear of loss or insecurity as the root and offers practical ways to manage it. Open communication allows you to voice what you're feeling and what you need without accusing your partner, which helps reduce hidden resentment and builds understanding. Reassurance from your partner—clear demonstrations of commitment and reliability—helps ease the insecurity that fuels jealous feelings. Setting healthy boundaries makes expectations explicit, reducing uncertainty and the guessing that often feeds jealousy. Boosting self-esteem and focusing on personal growth tackles the internal sources of insecurity, making you less reactive to perceived threats. Spying or controlling is not protective; it undermines trust and autonomy. Jealousy isn't just about external cues, and ignoring or withdrawing fails to address the underlying fears or the relationship dynamics at play.

- 7. In attribution terms, which statement best describes Unstable?**
- A. Occurs frequently and is long-lasting**
  - B. Attributed to talent or ability**
  - C. Caused by external or situational factors**
  - D. Occurs only on occasion; temporary**

Unstable focuses on whether the cause of a behavior is temporary rather than enduring. When something is unstable, it happens on occasion and isn't a lasting pattern. In attribution terms, this means the explanation would only apply to specific instances and is not expected to recur regularly. That's why "occurs only on occasion; temporary" is the best fit. It contrasts with descriptions of stable causes, which would be frequent and long-lasting. While unstable attributions can involve situational factors, the key idea is the temporary, non-persistent nature of the cause, not necessarily where it comes from or whether it's due to talent or ability.

**8. Topics of conversation: Which pair is correct?**

- A. Women talk more about feelings and people; men about objects and celebrities**
- B. Women talk more about politics; men about sports**
- C. Women talk more about objects and celebrities; men about feelings and people**
- D. Women talk equally about feelings and objects; men about celebrities**

The main idea is that everyday conversation shows gendered patterns: women tend to focus more on feelings and people, while men tend to focus more on objects and celebrities. This pairing aligns with those typical tendencies, which is why it's the best choice. It reflects how communication styles and socialization influence what topics people reference in discussions about relationships. While there is individual variation, the general trend supports women discussing emotions and relational topics and men focusing on more impersonal topics like objects or public figures. The other options conflict with this common pattern (for example, suggesting women talk about politics or sports, or claiming equal focus for women on feelings versus objects, or swapping the topics), so they don't fit as well.

**9. Which attachment style is most associated with heightened monitoring and insecurity in romantic relationships?**

- A. Secure attachment**
- B. Avoidant attachment**
- C. Anxious attachment**
- D. Disorganized attachment**

In romantic relationships, attachment styles shape how people respond to closeness and perceived threats. Heightened monitoring and insecurity point to anxious attachment, where individuals worry about abandonment and seek constant reassurance. They're hyper-vigilant for any sign of withdrawal or unreliability, often rereading partner cues, seeking reassurance, and feeling unsettled by ambiguity. This pattern arises from worries that closeness isn't reliable, so the attachment system stays in a state of alertness to protect the relationship. Secure attachment, by contrast, tends to involve comfortable closeness and trust with less need for ongoing verification. Avoidant attachment leans toward emotional distance and downplaying attachment needs. Disorganized attachment shows inconsistent, sometimes chaotic behavior due to unresolved trauma or confusion about how to relate.

**10. Which distinction contrasts internal, dispositional explanations with external, situational explanations?**

**A. Stable vs Unstable (Stable)**

**B. Internal vs External**

**C. Michelangelo phenomenon**

**D. Stereotyping**

**Key idea: how we explain why someone did something—is it due to internal, dispositional factors or external, situational factors? Internal explanations attribute behavior to stable aspects of the person, like traits, abilities, or motives. External explanations attribute behavior to the surrounding situation, such as environmental pressures, luck, or other outside factors. This distinction shapes how we interpret actions in relationships and how we respond to them. For example, if a partner forgets an important date, you might see it as a reflection of their thoughtfulness (internal) or as a result of a hectic schedule (external). The internal-external contrast is exactly what this question is asking about. Other options don't fit because they refer to different ideas: stable versus unstable concerns how persistent a cause is over time, not where the cause comes from; the Michelangelo phenomenon is about partners helping each other realize ideal selves; stereotyping involves applying broad beliefs to groups of people.**

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## 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](mailto:hello@examzify.com).**

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

**<https://intimaterelationships2.examzify.com>**

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

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