

INTIMATE RELATIONSHIPS EXAM 2 PRACTICE (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

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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. According to proxemics, which statement is true about space preferences across cultures?**
 - A. Many Asian countries prefer less space
 - B. Many Asian countries prefer more space
 - C. Latin American countries prefer more space
 - D. Space preferences do not vary by culture
- 2. In intimate relationships research, which ethical principle best protects participant autonomy and safety?**
 - A. Replacing informed consent with implied consent only.
 - B. Informed consent, confidentiality, minimizing harm, and handling mandatory reporting and dual relationships.
 - C. Publishing all data without de-identification.
 - D. Encouraging dual relationships to gain trust.
- 3. In Social Exchange Theory, which of the following best defines rewards?**
 - A. Negative experiences from contact with others
 - B. Not being with other people
 - C. Costs
 - D. Positive benefits from contact with others
- 4. How do relationship rituals contribute to closeness and security?**
 - A. Rituals disrupt daily routines and reduce closeness.
 - B. Rituals are optional and have little impact on closeness.
 - C. Rituals create predictability, reinforce commitment, and build emotional security.
 - D. Rituals primarily serve logistical tasks with no emotional impact.
- 5. Which of the following is listed as an influence on CL and CLalt?**
 - A. Personal experience
 - B. Environment
 - C. Self-esteem
 - D. All of the above

- 6. Which distance is typically associated with social, business-like interactions?**
- A. Intimate space
 - B. Personal space
 - C. Public space
 - D. Social space
- 7. Which bias describes taking credit for successes and rejecting blame for failures?**
- A. Destiny Beliefs
 - B. Actor / Observer Effects
 - C. Attributions Controllable
 - D. Self-serving bias
- 8. What does satisfaction refer to in marital quality research?**
- A. The degree to which partners are happy with the relationship.
 - B. The amount of money spent on dating.
 - C. The number of dates per month.
 - D. The physical health of each partner.
- 9. Which example best represents affectionate touch?**
- A. Stroking someone's arm
 - B. Hitting someone's arm
 - C. Grabbing someone's arm tightly
 - D. Patting someone's arm
- 10. Insecure attachment is generally associated with which outcome for CL?**
- A. Higher CL
 - B. Lower CL
 - C. No effect
 - D. Unknown

Answers

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

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Explanations

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1. According to proxemics, which statement is true about space preferences across cultures?

- A. Many Asian countries prefer less space
- B. Many Asian countries prefer more space**
- C. Latin American countries prefer more space
- D. Space preferences do not vary by culture

Proxemics looks at how cultures use space in everyday interaction and how comfortable people feel with different distances. Across cultures, norms about personal space vary a lot, and context matters a lot—what's appropriate in a business meeting can be different from what's normal among family. In many Asian cultures, people often maintain a larger personal and social distance in everyday, non-family interactions, reserving closer proximity for close friends or family and using more formal spacing in public or professional settings. This preference for more space is tied to social expectations around respect, harmony, and avoiding causing discomfort or embarrassment, especially in mixed or formal encounters. Because space use is culturally patterned and context-dependent, the idea that many Asian countries prefer more space captures this cross-cultural variability described by proxemics.

2. In intimate relationships research, which ethical principle best protects participant autonomy and safety?

- A. Replacing informed consent with implied consent only.
- B. Informed consent, confidentiality, minimizing harm, and handling mandatory reporting and dual relationships.**
- C. Publishing all data without de-identification.
- D. Encouraging dual relationships to gain trust.

Protecting autonomy and safety in intimate relationships research relies on honoring participants' right to choose freely, protecting what they share, and managing research duties that could affect well-being. Informed consent is the foundation because it ensures people understand what the study involves, its risks and benefits, and their right to withdraw, which supports voluntary and autonomous participation. Confidentiality is essential because it reassures participants that sensitive information about intimate life won't be disclosed in ways that could harm them, stigma, or relationships. Minimizing harm is about designing the study to reduce physical, emotional, or social risks and providing appropriate support if distress arises. Handling mandatory reporting and avoiding dual relationships address safety and power dynamics: researchers must know when they're legally obligated to report safety concerns and keep boundaries clear to prevent coercion or conflicts of interest that could bias the data or endanger the participant. Seeing the alternatives helps clarify why this combination fits best. Replacing informed consent with implied consent erodes autonomy because participants may not truly understand or agree to participate. Publishing all data without de-identification violates confidentiality and risks exposing participants' private information. Encouraging dual relationships can create coercive dynamics and undermine trust, compromising both autonomy and safety.

3. In Social Exchange Theory, which of the following best defines rewards?

- A. Negative experiences from contact with others
- B. Not being with other people
- C. Costs
- D. Positive benefits from contact with others**

In Social Exchange Theory, rewards are the positive benefits we gain from social interactions—things like companionship, emotional support, affection, approval, fun, or practical help. These desirable outcomes are what people seek to obtain through relating to others, driving continued interaction as long as rewards outweigh the costs. That's why the statement describing positive benefits from contact with others best captures the idea of rewards. The other options point to negative experiences from contact, the absence of contact, or to costs themselves, none of which describe the advantageous returns that rewards represent.

4. How do relationship rituals contribute to closeness and security?

- A. Rituals disrupt daily routines and reduce closeness.
- B. Rituals are optional and have little impact on closeness.
- C. Rituals create predictability, reinforce commitment, and build emotional security.**
- D. Rituals primarily serve logistical tasks with no emotional impact.

Rituals in a relationship create predictable, reliable patterns that partners come to rely on, and this predictability strengthens closeness and security. When a couple consistently engages in a shared practice—whether a daily check-in, a weekly date night, or an anniversary ritual—it signals ongoing investment and commitment. That repeated, intentional time together becomes a warm, safe space where both people know they will be heard, valued, and attended to, which lowers uncertainty and reduces anxiety about the relationship. These rituals also deepen emotional security by giving the relationship a shared language and meaning. They provide touchpoints for affection, appreciation, and support, allowing partners to reinforce how much they care and to align on expectations and needs. Over time, the accumulated memories from these rituals become a trusted reservoir the couple can draw on during stress or conflict, helping them reconnect and repair more easily. Put simply, rituals are not just chores or trivia; they are vessels that encode time, attention, and affection into the relationship. They make commitment tangible and create a steady rhythm of closeness that partners can rely on even when life gets busy.

5. Which of the following is listed as an influence on CL and CLalt?

- A. Personal experience
- B. Environment
- C. Self-esteem
- D. All of the above**

The influences on CL and CLalt include personal experience, environment, and self-esteem, so all of these factors shape how you judge your current relationship against your expectations and against available alternatives. Personal experience sets your baseline for what rewards and costs feel typical, so it influences your standard for satisfaction (your CL). The environment affects what options you actually see or have access to, which shapes how attractive or feasible alternatives are (your CLalt) and what kinds of relationships are even considered possible. Self-esteem influences both sides of the evaluation: it colors how desirable a current partner seems and how capable you feel about pursuing other options or leaving if they don't meet your standards. Because each element contributes to how you assess rewards, costs, and alternatives, they're all relevant influences.

6. Which distance is typically associated with social, business-like interactions?

- A. Intimate space
- B. Personal space
- C. Public space
- D. Social space**

Social distance, typically about 4 to 12 feet, is the spacing that fits social, business-like interactions. This distance provides enough room to maintain a professional demeanor and clear communication while still allowing natural eye contact and engagement. It signals formality and boundaries, which is common in workplaces, meetings, and conversations with colleagues you're not close to. In contrast, intimate space is reserved for close relationships (very close physical closeness), personal space is used with friends or family in familiar settings, and public space is for addressing larger groups or audiences from a greater distance.

7. Which bias describes taking credit for successes and rejecting blame for failures?

- A. Destiny Beliefs
- B. Actor / Observer Effects
- C. Attributions Controllable
- D. Self-serving bias**

Self-serving bias is the tendency to take credit for successes and reject blame for failures in order to protect self-esteem. This means people attribute positive outcomes to their own abilities and efforts, while blaming external factors (luck, difficulty, others) when things go wrong. In everyday situations, you might see this when someone performs well on a project and credits themselves, but when the same project fails, they blame miscommunication, bad instructions, or external obstacles rather than their own preparation. In relationships, this bias can show up as celebrating what one person did right and deflecting responsibility when things go poorly, which can hinder honest reflection and accountability. Destiny beliefs are about outcomes being determined by fate rather than by personal control. Actor/Observer effects describe the tendency to attribute one's own behavior to the situation while attributing others' behavior to their dispositions, not the general pattern of taking credit for success and denying failure. Attributions about controllability refer to whether causes are seen as within one's control, which is related but doesn't specifically describe the credit/blame pattern.

8. What does satisfaction refer to in marital quality research?

- A. The degree to which partners are happy with the relationship.**
- B. The amount of money spent on dating.
- C. The number of dates per month.
- D. The physical health of each partner.

Satisfaction in marital quality research refers to the degree to which partners feel happy with their relationship overall. It's a global, subjective judgment about how well the marriage meets their needs, tends to reflect overall contentment rather than specific behaviors. Researchers measure this with self-report scales that ask how satisfied or unhappy they are with the marriage, often capturing feelings about fulfillment, compatibility, and emotional connection. External factors like how much money is spent on dating, how many dates occur, or each partner's physical health can influence satisfaction, but they are not the satisfaction itself. A couple might have good health or strong finances yet report low satisfaction if other relational needs aren't met, or vice versa.

9. Which example best represents affectionate touch?

- A. Stroking someone's arm
- B. Hitting someone's arm
- C. Grabbing someone's arm tightly
- D. Patting someone's arm

Affectionate touch signals warmth and closeness through gentle, voluntary contact. Stroking someone's arm uses a soft, sustained motion that clearly communicates tenderness, care, and soothing presence, inviting comfort and connection. In contrast, hitting conveys harm, grabbing tightly feels forceful and controlling, and a quick pat is friendly or reassuring but often brief and less intimate than a slow stroke. So, the arm-stroking example best embodies affectionate touch.

10. Insecure attachment is generally associated with which outcome for CL?

- A. Higher CL
- B. Lower CL
- C. No effect
- D. Unknown

Attachment style shapes how people approach long-term investment in a relationship, which is captured by commitment level. Insecure attachment—whether anxious or avoidant—tends to undermine willingness to stay with and invest in a partner over time. Anxiously attached individuals often fear abandonment and may scrutinize the relationship, leading to instability and less consistent commitment. Avoidant individuals prize independence and may downplay the importance of staying together, again reducing commitment. Because commitment grows from trust, perceived stability, and the perceived benefits of enduring difficulties for a future together, these insecure patterns generally result in lower commitment. While there can be individual variation, the typical pattern is a lower level of CL associated with insecure attachment; higher commitment aligns more with secure attachment.

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://intimaterelationships2.examzify.com>

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

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