

# Intimate Relationships Exam 3 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. When Chris and Barb fight, the fights tend to be caustic and Barb often withdraws before they come to a conclusion. Chris and Barb are best classified as...**
  - A. Avoidants**
  - B. Hostiles**
  - C. Validators**
  - D. Volatiles**
  
- 2. When both partners achieve their original aspirations while making concessions about how to reach them, this outcome is called what?**
  - A. Compromise**
  - B. Domination**
  - C. Integrative Agreement**
  - D. Separation**
  
- 3. Which of the following is a potential effect of minority stress on intimate relationships?**
  - A. Increased concealment, conflict, and mental health burdens**
  - B. Reduced conflict due to concealment**
  - C. No impact on relationships**
  - D. Improved relationship satisfaction**
  
- 4. Which group experiences the greatest decline in frequency of sex after ten years in a relationship?**
  - A. gay men**
  - B. cohabiting heterosexual couples**
  - C. lesbian women**
  - D. married heterosexual couples**
  
- 5. What does the term 'dissolution' refer to in relationship processes?**
  - A. A phase of withdrawal and potential end of the relationship**
  - B. A legal term with no emotional component**
  - C. A rapid escalation of commitment**
  - D. The phase of emotional disengagement and potential end of the relationship**

- 6. Which statement best describes the role of humor in repair strategies during conflict?**
- A. Humor should be avoided in conflict repair.**
  - B. Humor can defuse tension and signal goodwill.**
  - C. Humor can backfire if used to minimize feelings.**
  - D. Humor has no impact on emotional repair.**
- 7. Which factor makes the largest contribution to differences in estimates of sexual partners between heterosexual men & women?**
- A. men have more same-sex experiences**
  - B. men and women define sex differently**
  - C. studies have been done principally with men**
  - D. men are more likely to have sex with prostitutes**
- 8. In Sternberg's Triangular Theory of Love, what are the three components, and how can their combinations explain different types of love?**
- A. The components are trust, loyalty, and support; combinations define casual, committed, possessive, and idealized love.**
  - B. Intimacy, passion, and commitment; combinations explain types like romantic love, companionate love, fatuous love, and consummate love.**
  - C. Emotional bonding, physical attraction, and long-term compatibility; combinations create friendship, infatuation, and matrimony.**
  - D. Communication, respect, and shared goals; combinations yield pragmatic, romantic, or ethical love.**
- 9. Who makes us jealous?**
- A. Everyone is jealous of someone who is more physically attractive.**
  - B. Everyone is jealous of someone who is more dominant.**
  - C. Strangers, as opposed to friends, create greater jealousy.**
  - D. Women are likely to be jealous of physically attractive rivals.**

**10. In same-sex couples, what has been linked to higher subjective quality in sexual interactions?**

- A. compatible sex drives**
- B. communication regarding personal desire**
- C. shared interests**
- D. greater psychological involvement**

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## Answers

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

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## **Explanations**

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**1. When Chris and Barb fight, the fights tend to be caustic and Barb often withdraws before they come to a conclusion. Chris and Barb are best classified as...**

**A. Avoidants**

**B. Hostiles**

**C. Validators**

**D. Volatiles**

This item tests how couples handle conflict patterns. In Gottman's framework, couples fall into four main styles: avoidant, volatile, validator, and hostile. The hallmark of a hostile pattern is caustic, attacking exchanges combined with withdrawal or defensiveness—one partner retreats before a resolution can be reached, and the interactions remain harsh and undermining. That combination fits this scenario: fights are caustic, and Barb withdraws before they conclude. The other styles don't match as well—avoidants minimize conflict and disengage, validators keep discussions respectful and collaborative, and volatiles argue intensely but with warmth and a tendency to repair. So the best fit is a hostile relationship.

**2. When both partners achieve their original aspirations while making concessions about how to reach them, this outcome is called what?**

**A. Compromise**

**B. Domination**

**C. Integrative Agreement**

**D. Separation**

The idea being tested is integrative agreement, a win-win outcome in which both partners keep their original goals but adjust the path to get there. In this kind of resolution, each person's underlying aspirations are preserved, while concessions are made about how to achieve them—through collaborative problem solving, exploring creative options, and trading off less important aspects of the process. This differs from a simple compromise, where each side typically gives up part of their goal and may end up with something less than what they wanted. It also isn't domination, which would force one partner's preferences, or separation, which avoids resolving the issue.

**3. Which of the following is a potential effect of minority stress on intimate relationships?**

- A. Increased concealment, conflict, and mental health burdens**
- B. Reduced conflict due to concealment**
- C. No impact on relationships**
- D. Improved relationship satisfaction**

Minority stress describes the extra pressures that come from stigma and discrimination facing people who are part of a stigmatized group. In intimate relationships, these pressures often push individuals to conceal their minority status to avoid rejection or harm. That concealment can create distance and uncertainty, making communication less open and increasing opportunities for misunderstanding or conflict. The ongoing stress—both from external discrimination and from internalized negative beliefs—can spill over into mental health, leading to anxiety, depression, or heightened vigilance. When mental health burdens are present, they color how partners interact, support each other, and navigate disagreements, further fueling strain in the relationship. So the combination of concealment, conflict, and mental health burdens best captures how minority stress can affect intimate relationships.

**4. Which group experiences the greatest decline in frequency of sex after ten years in a relationship?**

- A. gay men**
- B. cohabiting heterosexual couples**
- C. lesbian women**
- D. married heterosexual couples**

The key idea is that commitment level and relationship stability shape how sexual frequency changes over time. Cohabiting heterosexual couples tend to show the most pronounced drop in sexual activity after ten years because, without the formal commitment and social expectations that marriage provides, these unions often experience more instability and life changes that disrupt intimacy routines. Fewer long-term rituals and less external reinforcement for staying together can contribute to a sharper decline in frequency as years pass. In contrast, married couples usually maintain more stable patterns and routines that help sustain sex over the long term, so the decline is less steep. Given these patterns, cohabiting heterosexual couples are the group with the greatest decline.

**5. What does the term 'dissolution' refer to in relationship processes?**

**A. A phase of withdrawal and potential end of the relationship**

**B. A legal term with no emotional component**

**C. A rapid escalation of commitment**

**D. The phase of emotional disengagement and potential end of the relationship**

The main idea here is that dissolution refers to the phase where partners begin to emotionally disengage and wind down the interdependence in the relationship, signaling that it may end. It's about the emotional drift away, a decrease in closeness, commitment, and shared meaning, rather than just outward withdrawal or a legal framework. This emotional disengagement is what typically precedes the end of the relationship, making dissolution the process that leads toward potential termination. The other options miss this emotional component or describe concepts that are opposite (such as increasing commitment) or unrelated (a purely legal term).

**6. Which statement best describes the role of humor in repair strategies during conflict?**

**A. Humor should be avoided in conflict repair.**

**B. Humor can defuse tension and signal goodwill.**

**C. Humor can backfire if used to minimize feelings.**

**D. Humor has no impact on emotional repair.**

Humor can serve as a repair tool by softening the moment and signaling that the relationship matters. When used in a warm, considerate way, a light, affectionate comment can defuse tension, reduce defensiveness, and show goodwill toward the partner. This helps both people feel safer to address the issue and reconnect after a clash, making it easier to move toward resolution. It's important that the humor isn't dismissive or sarcastic about the partner's feelings; the aim is to bolster connection, not minimize the hurt. When used well, humor communicates that the bond is still valued, which is why this option best captures the role of humor in repair strategies during conflict.

**7. Which factor makes the largest contribution to differences in estimates of sexual partners between heterosexual men & women?**

- A. men have more same-sex experiences**
- B. men and women define sex differently**
- C. studies have been done principally with men**
- D. men are more likely to have sex with prostitutes**

The key idea is how we measure sex and count partners. In sexual-behavior research, the biggest reason heterosexual men and women report different numbers of sexual partners is that they often define sex differently when answering surveys. If one group counts only vaginal intercourse as sex (and thus as a partner) while the other group includes other sexual activities (oral, anal, etc.) or counts every distinct sexual encounter as a separate partner, the resulting numbers will diverge even if actual behavior isn't that different. This definitional and reporting mismatch tends to produce the largest observed gender gap in partner estimates. Other factors, like having same-sex experiences, sampling biases, or encounters with prostitutes, can influence the counts but don't explain the systematic difference as strongly as how sex and partners are defined in the questions.

**8. In Sternberg's Triangular Theory of Love, what are the three components, and how can their combinations explain different types of love?**

- A. The components are trust, loyalty, and support; combinations define casual, committed, possessive, and idealized love.**
- B. Intimacy, passion, and commitment; combinations explain types like romantic love, companionate love, fatuous love, and consummate love.**
- C. Emotional bonding, physical attraction, and long-term compatibility; combinations create friendship, infatuation, and matrimony.**
- D. Communication, respect, and shared goals; combinations yield pragmatic, romantic, or ethical love.**

The three components in Sternberg's theory are intimacy, passion, and commitment. Intimacy involves closeness, warmth, and sharing; passion covers physical attraction and desire; commitment is the decision to work to maintain the relationship over time. When you combine these elements in different ways, you get different kinds of love. For instance, romantic love arises from a mix of intimacy and passion, while companionate love comes from intimacy plus commitment. When passion and commitment are present without much intimacy, you have fatuous love; all three together define consummate love, often seen as a complete, balanced form. The other options list traits that aren't the components of this model, so they don't explain Sternberg's framework.

## 9. Who makes us jealous?

- A. Everyone is jealous of someone who is more physically attractive.
- B. Everyone is jealous of someone who is more dominant.
- C. Strangers, as opposed to friends, create greater jealousy.
- D. Women are likely to be jealous of physically attractive rivals.**

Jealousy in romantic relationships tends to flare when there's a perceived threat from someone who could lure a partner away or undermine the bond. Physically attractive rivals signal higher mate value and a greater potential to threaten a partner's commitment, so women are especially likely to feel jealousy in that situation as a way of guarding the relationship. This pattern fits why the option about women being jealous of physically attractive rivals is the best choice: it centers on a credible threat tied to attractiveness and mate-value, which is a strong trigger for jealousy. The other ideas don't align as well with how jealousy typically operates—jealousy isn't universally sparked by attractive people, by dominance, or by strangers versus friends in the same way.

## 10. In same-sex couples, what has been linked to higher subjective quality in sexual interactions?

- A. compatible sex drives
- B. communication regarding personal desire**
- C. shared interests
- D. greater psychological involvement

Open communication about personal desires is what directly boosts how satisfying a sexual experience feels. When partners talk openly about what they want, don't want, fantasies, and boundaries, they can tailor their actions to meet both people's needs. This reduces guesswork, aligns expectations, and builds trust and emotional safety, all of which heighten arousal and enjoyment. In same-sex relationships, where sexual scripts may be less prescriptive, explicit discussion about desires helps partners navigate differences and find mutually satisfying ways to connect, leading to a higher subjective sense of quality in the experience. While compatible sex drives, shared interests, or deeper psychological involvement can support a relationship, they don't address the specific interactional dynamics that determine how good a sexual experience feels. Clear communication about desires directly improves how well partners can respond to each other in the moment, making it the strongest predictor of perceived sexual satisfaction.

## 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://intimaterelationships3.examzify.com>**

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

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