

INTIMATE RELATIONSHIPS EXAM 3 PRACTICE (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://intimaterelationships3.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	8
Explanations	10
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. Which statement best describes how insecure attachment styles relate to infidelity risk?**
 - A. Insecure attachment (anxious/avoidant) can increase vulnerability to infidelity or poor responses to it.
 - B. Secure attachment minimizes risk of infidelity completely.
 - C. Infidelity is unrelated to attachment style.
 - D. Anxious attachment reduces the likelihood of infidelity.
- 2. Which type of couple is characterized by validating each other and maintaining positive interactions?**
 - A. Avoidants
 - B. Volatiles
 - C. Hostiles
 - D. Validators
- 3. Which explanation best accounts for reduced condom use under alcohol intoxication?**
 - A. It increases sexual arousal
 - B. It reduces cognitive processing, making it harder to use protection
 - C. It makes condoms harder to locate
 - D. It increases aggression toward partner
- 4. What term best captures how important a relationship is to an individual?**
 - A. Relational value
 - B. Relational inclusion
 - C. Maximal inclusion
 - D. Relational devaluation
- 5. What is the difference between romance scripts and sexual scripts, and how do they influence behavior?**
 - A. Romance scripts govern expectations about courtship and emotional closeness.
 - B. They have no influence on relationship behavior.
 - C. Sexual scripts govern beliefs about parenting roles.
 - D. They are irrelevant to satisfaction.

6. In Rusbult's typology, the most constructive and active response is _____ whereas the most destructive and passive response is _____.
- A. Exit; Voice
 - B. Loyalty; Neglect
 - C. Voice; Neglect
 - D. Neglect; Exit
7. Which statement best describes abstinence programs' effectiveness as reported in the material?
- A. are very effective in reducing teen birth & sexually transmitted diseases
 - B. don't work. Teens are not less likely to abstain & are less likely to use contraception
 - C. help teens deal with the negative psychological outcomes that occur because of early sexual experiences
 - D. helpful in reducing the rates of teen pregnancy
8. What is "relationship self-efficacy"?
- A. Confidence in one's ability to maintain a healthy relationship; higher self-efficacy predicts better communication and persistence.
 - B. Ability to predict a partner's personality.
 - C. Skill in calculating relationship budgets.
 - D. Talent for choosing date spots.
9. What percentage of college students engage in hookups?
- A. 25%
 - B. 50%
 - C. 75%
 - D. 90%
10. Define self-disclosure and explain its role in relationship development.
- A. Self-disclosure is the act of revealing personal information, thoughts, and feelings; fosters intimacy, trust, and closeness when reciprocal and appropriate.
 - B. Self-disclosure is telling others about your achievements to gain status.
 - C. Self-disclosure is sharing only positive experiences to appear perfect.
 - D. Self-disclosure is revealing others' secrets to feel superior.

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which statement best describes how insecure attachment styles relate to infidelity risk?

- A. Insecure attachment (anxious/avoidant) can increase vulnerability to infidelity or poor responses to it.**
- B. Secure attachment minimizes risk of infidelity completely.
- C. Infidelity is unrelated to attachment style.
- D. Anxious attachment reduces the likelihood of infidelity.

Attachment styles shape how people cope with closeness and threats in romantic relationships. Insecure styles—anxious and avoidant—create patterns that undermine stability. Anxious individuals fear abandonment and seek constant reassurance, sometimes turning to others for validation or misreading partner signals, which can increase opportunities for infidelity or provoke reactive, damaging responses when infidelity occurs. Avoidant individuals minimize closeness and suppress needs, which can erode trust and satisfaction, again raising the risk of infidelity or triggering maladaptive ways of handling it. Because these dynamics undermine trust and effective communication, insecure attachment is linked to higher vulnerability to infidelity or to problematic responses when fidelity is questioned. Secure attachment tends to be associated with healthier relationship functioning and lower risk, but no pattern guarantees safety from infidelity.

2. Which type of couple is characterized by validating each other and maintaining positive interactions?

- A. Avoidants
- B. Volatiles
- C. Hostiles
- D. Validators**

Validation and positive interactions are the hallmark of a validator couple. In this pattern, partners consistently acknowledge each other's feelings, listen with empathy, and respond in a respectful, affirming way. They validate viewpoints even when they disagree and steer conversations away from contempt or sarcasm, focusing on collaboration and support. This creates emotional safety and keeps the relationship climate constructive, so conflicts are repaired rather than escalated. In contrast, avoidant pairs tend to back off and withdraw during tension; volatile pairs argue passionately but still mix warmth with their fights; and hostile couples fall into persistent contempt and negativity, making constructive dialogue difficult. So the type characterized by mutual validation and sustained positive interaction is the validators.

3. Which explanation best accounts for reduced condom use under alcohol intoxication?

- A. It increases sexual arousal
- B. It reduces cognitive processing, making it harder to use protection**
- C. It makes condoms harder to locate
- D. It increases aggression toward partner

Under alcohol intoxication, most of the behavior-driving power comes from impaired thinking and self-control. Alcohol slows processing, narrows attention to immediate cues, and weakens executive control—a pattern often described as alcohol myopia. Because protecting oneself with a condom requires planning, risk assessment, and resisting immediate impulses, the cognitive shortcuts induced by alcohol make it harder to remember, choose, and act on safer choices. So condom use tends to drop because the brain's ability to organize and execute protective behavior is compromised when intoxicated. While increased arousal can accompany drinking, that alone doesn't explain the systematic drop in protection use; motor difficulties or locating a condom can influence behavior in some cases, but the core driver across most situations is the diminished cognitive processing and self-regulation under alcohol.

4. What term best captures how important a relationship is to an individual?

- A. Relational value**
- B. Relational inclusion
- C. Maximal inclusion
- D. Relational devaluation

Relational value is the best term because it captures how someone perceives the importance of a relationship to their own well-being. It reflects how much the bond meets core needs like belonging, support, self-esteem, and security, so when a relationship is highly valued, it becomes central to the person's life and behavior. If you value a partner or relationship a lot, you're more likely to invest in it, protect it, and be sensitive to threats to it. Relational inclusion wouldn't focus on how important the relationship is to you; it's more about being part of a group or being included within social ties. Maximal inclusion isn't a standard concept for measuring importance, and relational devaluation refers to lowering the perceived value of a relationship, not the degree of its importance to you.

5. What is the difference between romance scripts and sexual scripts, and how do they influence behavior?

- A. Romance scripts govern expectations about courtship and emotional closeness.**
- B. They have no influence on relationship behavior.
- C. Sexual scripts govern beliefs about parenting roles.
- D. They are irrelevant to satisfaction.

Romance scripts describe how dating and emotional closeness are expected to unfold. They guide what people do in courtship, when and how affection is shown, and how relationships are supposed to develop and feel emotionally. Because they set these expectations, they shape behavior in dating: what actions people take to pursue a relationship, how they communicate feelings, how quickly they move toward commitment, and how they interpret a partner's signals. If a person's romance script values steady commitment and open emotional sharing, they're more likely to engage in conversations about the relationship's direction and respond to signals in a way that builds closeness, which also influences satisfaction when reality aligns with those expectations. Sexual scripts, by contrast, govern beliefs about sexual behavior, initiation, consent, boundaries, and gendered norms in sexual situations, and they steer how people act in sexual contexts. Both types of scripts shape behavior and how satisfied people feel when their experiences match or diverge from these expectations. The statement about romance scripts governing expectations about courtship and emotional closeness best captures how these scripts guide dating behavior, while the other ideas either misstate the scope of sexual scripts or claim they don't influence satisfaction.

6. In Rusbult's typology, the most constructive and active response is _____ whereas the most destructive and passive response is _____.

- A. Exit; Voice
- B. Loyalty; Neglect
- C. Voice; Neglect**
- D. Neglect; Exit

In Rusbult's typology of responses to relationship dissatisfaction, behavior is mapped on two dimensions: active vs passive and constructive vs destructive, yielding four options—exit, voice, loyalty, and neglect. The most constructive and active response is voice because it involves openly addressing the problems, communicating concerns, and seeking ways to improve the relationship while staying engaged. The most destructive and passive response is neglect, which means pulling back effort and attention, ignoring issues, and letting the relationship deteriorate without attempting to fix things. So the pair that fits this description is voice for the constructive, active response and neglect for the destructive, passive one. (The other options mix dimensions differently: exit is active but destructive, loyalty is passive but constructive, etc.)

7. Which statement best describes abstinence programs' effectiveness as reported in the material?

- A. are very effective in reducing teen birth & sexually transmitted diseases
- B. don't work. Teens are not less likely to abstain & are less likely to use contraception**
- C. help teens deal with the negative psychological outcomes that occur because of early sexual experiences
- D. helpful in reducing the rates of teen pregnancy

The idea being tested is whether abstinence-focused programs actually change teen sexual behavior or risk outcomes. The material reports that these programs generally do not produce the intended effects: they don't meaningfully reduce sexual activity, and they don't reliably increase contraception use when teens do become sexually active. In this light, the most accurate statement is that abstinence programs don't work in the expected way—teens aren't less likely to have sex, and they're not more likely to use contraception. The other descriptions—claiming strong drops in teen birth or STDs, or emphasizing psychological outcomes—aren't supported by the material's findings.

8. What is "relationship self-efficacy"?

- A. Confidence in one's ability to maintain a healthy relationship; higher self-efficacy predicts better communication and persistence.**
- B. Ability to predict a partner's personality.
- C. Skill in calculating relationship budgets.
- D. Talent for choosing date spots.

Relationship self-efficacy is the belief in your own ability to carry out the actions needed to keep a romantic relationship healthy. It's about confidence in handling key relationship tasks—like communicating openly, resolving conflicts, and staying engaged even when challenges arise. When someone has higher relationship self-efficacy, they're more likely to use constructive communication, repair ruptures, and persist in investing effort to maintain the relationship, which tends to lead to better outcomes over time. The best answer captures this idea by describing confidence in maintaining a healthy relationship and the link to better communication and persistence. The other options miss this core focus: predicting a partner's personality, budgeting, or choosing date spots are not about one's belief in their capacity to sustain relationship health.

9. What percentage of college students engage in hookups?

- A. 25%
- B. 50%
- C. 75%**
- D. 90%

Understanding how common hookups are among college students starts with recognizing that casual sexual encounters are a fairly routine part of campus life. Surveys repeatedly show that a majority of students report having had at least one hookup during college, though the exact figure varies depending on how "hookup" is defined and who is surveyed. The estimate around 75 percent fits typical findings, indicating that hookups are common for many students, but not universal. It's higher than a quarter and often higher than half, reflecting broad but not universal participation. In short, 75 percent captures the general trend that hookups are a common experience for a large portion of college students.

10. Define self-disclosure and explain its role in relationship development.

- A. Self-disclosure is the act of revealing personal information, thoughts, and feelings; fosters intimacy, trust, and closeness when reciprocal and appropriate.
- B. Self-disclosure is telling others about your achievements to gain status.**
- C. Self-disclosure is sharing only positive experiences to appear perfect.
- D. Self-disclosure is revealing others' secrets to feel superior.

Self-disclosure means voluntarily sharing personal information about yourself—your thoughts, feelings, experiences, and beliefs—with another person. In relationship development, it fuels intimacy by signaling trust and inviting the other person to respond with empathy and reciprocity. When disclosure is appropriate to the situation and returned with warmth and understanding, it helps reduce uncertainty, strengthens emotional bonds, and moves the relationship toward closeness. Timing and balance matter: sharing too much too soon or focusing only on negatives can hinder connection, while thoughtful, mutual disclosure builds a sense of closeness and safety. What's described in the other idea—telling others about your achievements to gain status—doesn't fit self-disclosure. That behavior is more about impression management and presenting yourself in a certain light than about sharing personal, vulnerable information that invites vulnerability in return. Likewise, revealing only positives to seem perfect or exposing others' secrets to feel superior miss the core of genuine self-disclosure, which centers on open, honest, and reciprocal sharing that deepens relational ties.

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://intimaterelationships3.examzify.com>

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

SAMPLE