

Love, Relationships, and Sexual Dynamics Practice Exam (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. How does a companionate love typically develop over time?**
 - A. Companionate love develops quickly after a few weeks.**
 - B. Companionate love develops gradually as couples learn about each other.**
 - C. Companionate love is only about romance.**
 - D. Companionate love is purely a function of sexual chemistry.**

- 2. What is a common outcome for those who are involuntarily single?**
 - A. They may experience feelings of depression and dissatisfaction.**
 - B. They may experience increased social engagement.**
 - C. They may experience immediate marriage prospects.**
 - D. They may experience financial stability.**

- 3. What proportion of college students reported having FWBs in studies?**
 - A. Very few**
 - B. Approximately half of the participants sampled**
 - C. Most participants**
 - D. Almost all participants**

- 4. What is a common misconception about non-monogamy and safety?**
 - A. Non-monogamous relationships are inherently unsafe.**
 - B. Non-monogamy eliminates all safety concerns.**
 - C. Non-monogamous relationships involve no sexual activity.**
 - D. Non-monogamy is illegal in most places.**

- 5. What behaviors elevate the risk of acquiring sexually transmitted infections among singles?**
 - A. Consistent condom use and limiting partners**
 - B. Having multiple concurrent partners and always using protection**
 - C. Abstaining from sex**
 - D. Inconsistent condom use and having multiple concurrent sexual partners**

- 6. Which FWB subtype describes two partners who share a social network but are not close friends, often socializing together?**
- A. True Friends**
 - B. Network Opportunism**
 - C. Just Sex**
 - D. Transition out**
- 7. What does research suggest about health outcomes for people who lose their partners?**
- A. They tend to be healthier.**
 - B. They tend to be in worse health and may die sooner than those in stable relationships.**
 - C. No effect.**
 - D. They always remarry quickly.**
- 8. Which statement correctly distinguishes hookups from friends with benefits?**
- A. Hookups involve long-term romantic relationships.**
 - B. FWBs involve ongoing, nonromantic friendship-based sexual activity.**
 - C. There is no distinction between hookups and FWBs.**
 - D. Hookups are typically one-time; FWBs involve ongoing, nonromantic friendship-based sexual activity.**
- 9. In which year was same-sex marriage legalized in Argentina?**
- A. 2010**
 - B. 2009**
 - C. 2011**
 - D. 2012**

10. Which statement about anxiously attached individuals is true?

- A. Anxiously attached individuals are more likely to label casual interactions as cheating.**
- B. Anxiously attached individuals never label anything as cheating.**
- C. Anxiously attached individuals always view cheating as only sexual.**
- D. Anxiously attached individuals are less likely to perceive cheating.**

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Answers

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

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Explanations

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1. How does a companionate love typically develop over time?
 - A. Companionate love develops quickly after a few weeks.
 - B. Companionate love develops gradually as couples learn about each other.**
 - C. Companionate love is only about romance.
 - D. Companionate love is purely a function of sexual chemistry.

Companionate love is the deep, enduring bond that forms when partners move from initial romance into a strong friendship and committed partnership. It tends to grow gradually as couples learn about each other—their values, habits, goals, and how they handle conflicts—while building trust, interdependence, and shared meaning in daily life. As experiences accumulate and mutual care deepens, intimacy and commitment strengthen the connection, even if the initial spark evolves rather than remains at peak intensity. This makes it a gradual process tied to getting to know and support one another over time, rather than a rapid development. This isn't about romance alone, and it isn't driven purely by sexual chemistry, which can fluctuate. The key factor in companionate love is the steady, affectionate attachment that grows from knowing and choosing to invest in one another.

2. What is a common outcome for those who are involuntarily single?
 - A. They may experience feelings of depression and dissatisfaction.**
 - B. They may experience increased social engagement.
 - C. They may experience immediate marriage prospects.
 - D. They may experience financial stability.

Experiencing involuntary single status often leads to feelings of loneliness, sadness, and dissatisfaction. When people desire companionship and intimacy but don't have it, the mismatch can weigh on mood and overall life satisfaction. This can be influenced by social pressures, comparisons with others, and the sense that a major emotional need isn't being met, which commonly contributes to negative emotional states over time. Some may become more socially active or pour energy into work or hobbies as a response, but those outcomes aren't as consistently linked to involuntary singleness as the experience of mood and satisfaction drops. Immediate marriage prospects aren't typically a direct or reliable result of being single, and financial stability isn't inherently tied to relationship status in a predictable way.

3. What proportion of college students reported having FWBs in studies?

A. Very few

B. Approximately half of the participants sampled

C. Most participants

D. Almost all participants

The main idea being tested is how common friends-with-benefits relationships are among college students in research samples. In studies of college students' sexual experiences, FWBs are fairly common but not universal. When participants are asked if they have ever had a friends-with-benefits arrangement, the answers typically fall around the middle of the distribution, with about half reporting at least one such relationship. This reflects substantial prevalence without it being the majority or the vast minority. The reason this is the best choice is that it captures the typical range seen across many studies, acknowledging variability due to how FWBs are defined, the timeframe asked about, and differences in samples. If you said very few, most, or almost all, you'd be stepping outside the common range observed in research. Definitions and methods can push numbers up or down, but roughly half is the most consistent, representative description.

4. What is a common misconception about non-monogamy and safety?

A. Non-monogamous relationships are inherently unsafe.

B. Non-monogamy eliminates all safety concerns.

C. Non-monogamous relationships involve no sexual activity.

D. Non-monogamy is illegal in most places.

Safety in non-monogamy centers on clear agreements, ongoing consent, and practical risk-reduction—not on whether sex happens at all. A common misconception is that non-monogamous relationships involve no sexual activity. In reality, these arrangements often include sexual connections with multiple partners, governed by boundaries and honest communication so everyone understands who is involved and what precautions are being taken. When safety is practiced, partners use safer-sex measures (like condoms), stay up-to-date with STI testing, and share updates about new partners or potential risks. This makes safety about how agreements are managed, not about the mere existence of multiple partners. The idea that non-monogamy is inherently unsafe or that it eliminates all safety concerns overlooks how responsible boundaries and transparency can protect everyone involved. And legality isn't the defining factor here—non-monogamy isn't illegal in most places.

5. What behaviors elevate the risk of acquiring sexually transmitted infections among singles?
- A. Consistent condom use and limiting partners
 - B. Having multiple concurrent partners and always using protection
 - C. Abstaining from sex
 - D. Inconsistent condom use and having multiple concurrent sexual partners**

The risk of acquiring sexually transmitted infections rises when exposure networks are larger and protection is inconsistent. Having multiple concurrent partners means you're connected to several people at the same time, which expands the sexual network and increases the chance that someone in that network is carrying an infection and that transmission could occur across partners. If condom use is inconsistent, protection isn't reliably present during many encounters, so the likelihood of per-act transmission remains higher. Even though using condoms always can reduce risk, it doesn't eliminate it, especially when there are multiple partners and some acts go unprotected. Abstaining eliminates risk entirely, and consistently protecting with few partners lowers risk, so the combination of inconsistent condom use with multiple concurrent partners elevates risk the most.

6. Which FWB subtype describes two partners who share a social network but are not close friends, often socializing together?
- A. True Friends
 - B. Network Opportunism**
 - C. Just Sex
 - D. Transition out

The main idea is how casual arrangements can be shaped by the social circles two people share. In this subtype, the two partners are part of the same social network but aren't close friends; they might socialize in groups, attend the same events, or be connected through mutual friends. That shared social world makes it easy to meet up and keep the arrangement going without deep emotional attachment. It's called Network Opportunism because the relationship is sustained by opportunistic use of the social network: the social overlap provides convenient access and continuity without needing a strong personal bond. This fits better than true friends, who would imply a real, closer friendship; just sex, which would downplay any ongoing social context; or a transition out, which describes moving away from the arrangement rather than describing its network-based dynamic.

7. What does research suggest about health outcomes for people who lose their partners?

A. They tend to be healthier.

B. They tend to be in worse health and may die sooner than those in stable relationships.

C. No effect.

D. They always remarry quickly.

Losing a partner is linked to worse health outcomes and a higher risk of dying sooner compared with people in stable relationships. This pattern, often called the bereavement effect, is observed particularly in the months after the loss, across ages and both genders, though some groups (like men) may be more vulnerable due to differences in social support and coping. The underlying reasons include acute stress responses that affect the heart and immune system, disrupted sleep, potential neglect of self-care or medical routines, and reduced social support that used to help with health management. While some individuals adapt well with strong support networks, the overall research trend points to poorer health and higher mortality risk after partner loss, making the option that health declines and mortality risk increases the best fit. Choices suggesting health improvements, no effect, or immediate universal remarriage do not align with what studies consistently show.

8. Which statement correctly distinguishes hookups from friends with benefits?

A. Hookups involve long-term romantic relationships.

B. FWBs involve ongoing, nonromantic friendship-based sexual activity.

C. There is no distinction between hookups and FWBs.

D. Hookups are typically one-time; FWBs involve ongoing, nonromantic friendship-based sexual activity.

The key idea is how the relationship is framed and how ongoing it is. Friends with benefits are defined by ongoing, nonromantic sexual activity that happens within a friendship. That ongoing, friendship-based context is what sets FWBs apart from hookups, which are casual encounters that don't rely on a continuing friendship or romantic commitment. So stating that FWBs involve ongoing, nonromantic sexual activity within a friendship best captures the distinction. The other options are less accurate: hookups aren't inherently tied to long-term romance; there is a genuine distinction between the two; and while hookups can be one-time, they aren't universally so, making the ongoing friendship-based description the clearer differentiator.

9. In which year was same-sex marriage legalized in Argentina?

- A. 2010**
- B. 2009**
- C. 2011**
- D. 2012**

The key idea is identifying the year when the nationwide law granting equal marriage rights to same-sex couples was enacted. In Argentina, that happened in 2010, when Congress passed Law 26,618 and the president signed it, giving same-sex couples the right to marry across the country. This makes 2010 the year the legal change actually took effect nationwide. The other years aren't correct because the law wasn't enacted then. Additionally, this milestone made Argentina the first Latin American country to legalize same-sex marriage nationwide.

10. Which statement about anxiously attached individuals is true?

- A. Anxiously attached individuals are more likely to label casual interactions as cheating.**
- B. Anxiously attached individuals never label anything as cheating.**
- C. Anxiously attached individuals always view cheating as only sexual.**
- D. Anxiously attached individuals are less likely to perceive cheating.**

Anxiously attached individuals tend to be hypervigilant about threats to the relationship and driven by fear of abandonment. This heightened sensitivity makes them interpret ambiguous or casual interactions with others as potential signs of cheating, as a way to manage anxiety and test a partner's commitment. That's why this statement is the best fit: they are more likely to label casual interactions as cheating. The other options don't fit the pattern. They're not immune to labeling things as cheating (it's not "never"), they don't restrict cheating to only sexual acts (emotional infidelity can also feel threatening to someone anxious), and they aren't less likely to perceive cheating (the tendency is toward heightened perception, not reduced).

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://loverelationshipssexualdynamics.examzify.com>

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

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