

**Building Healthy Relationships/Marriages in Alabama
Satellite Webcast
Social Work CEU Quiz
April 15, 2013**

(Select only the one best answer)

1. Individuals in healthy relationships have:
 - A) Healthier life styles
 - B) Lower stress levels
 - C) Sleep better
 - D) All of the above

2. Emotions such as anger, frustration, or anxiety, lead to erratic and disordered heart rhythms, creating less synchronization:
 - A) True
 - B) False

3. When we do things to make life better for others, our lives are worse due to the stress:
 - A) True
 - B) False

4. Three critical elements of building friendship include:
 - A) Time, money, interest
 - B) Spending money on them, eating together, going to same school
 - C) Spend meaningful time together, Build couple identity, Nurture positive interactions
 - D) None of the above

5. Many problems in long-term, healthy couple relationships are never resolved:
 - A) True
 - B) False

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____