

HEALTHY ROMANTIC RELATIONSHIPS

Comprehension and Reflection Test

A Free FIPA Resource

This test covers all three chapters and the appendices of the guide. It is not a pass/fail exercise — it is a tool for reflection and deeper understanding. Answer honestly. There are no wrong reflections.

Name (optional): _____ Date: _____

SECTION A — True or False (Questions 1–5)

Write T (True) or F (False) in the space provided.

1. Lust and healthy attachment are the same thing, and feeling strong attraction to someone is a reliable sign you are compatible long-term.

Answer: _____

2. Adverse Childhood Experiences (ACEs) automatically disqualify someone from being a good partner.

Answer: _____

3. The prefrontal cortex — the brain's rational decision-making centre — is not fully developed until around age 25.

Answer: _____

4. A red flag in a relationship always means the person is dangerous and should be avoided.

Answer: _____

5. Coercive control — systematically isolating a partner from family and friends — is one of the nine forms of abuse identified by the Government of Canada.

Answer: _____

SECTION B – Multiple Choice (Questions 6–10)

Circle or underline the best answer.

6. According to the guide, which hormone is most critically associated with bonding between romantic partners?

- A) Testosterone
- B) Cortisol
- C) Oxytocin
- D) Adrenaline

7. What does the guide mean by the 'Joy Principle'?

- A) Always prioritise happiness over responsibility
- B) Choosing not to repeat the unhealthy patterns you witnessed in childhood
- C) Finding joy in small moments within a relationship
- D) Accepting a partner exactly as they are without expecting change

8. Which of the following is described as the number one trait sought in a long-term partner, according to research cited in the guide?

- A) Physical attractiveness
- B) Financial stability
- C) Shared religion
- D) Kindness

9. In the C-L-E-A-N framework, what does the 'A' stand for?

- A) Awareness of boundaries
- B) Active Love and Respect
- C) Accepting differences
- D) Achieving shared goals

10. The guide describes alarm bells as different from red flags because:

- A) Alarm bells are easier to spot
- B) Red flags are always about money, alarm bells are about emotions
- C) Alarm bells signal potential danger, not just concern
- D) Alarm bells only apply to physically abusive relationships

SECTION C – Short Answer (Questions 11–13)

Answer in two to four sentences. Be specific.

11. The guide warns against 'weaponising confidences' in an argument. What does this mean, and why is it so damaging to a relationship?

12. Name any three of the nine forms of abuse identified in Appendix C and briefly explain one of them in your own words.

13. The guide says that one of the clearest alarm bells for a potentially abusive relationship is a partner who works to separate you from people who love you. Why do you think this behaviour is so dangerous?

SECTION D – Personal Reflection (Questions 14–16)

These questions have no right or wrong answers. Answer honestly and thoughtfully.

14. Think about the green flag behaviours listed in Chapter 2. Identify one green flag behaviour you already demonstrate, and one you would like to strengthen. Be specific about how you plan to improve.

A green flag I already demonstrate:

A green flag I want to strengthen:

How I plan to do it:

15. Of the five elements in the C-L-E-A-N framework (Constructive Communication, Loving to Learn, Everyday Good Habits, Active Love and Respect, Nutritious Foods), which one do you feel is most neglected in your current or most recent relationship — and what one action could you take this week to address it?

The element I most need to work on:

One action I can take this week:

16. The revised guide says that pornography is 'a subject many couples avoid but few can honestly ignore,' and that silence is the wrong response. Do you agree? Reflect on how you think couples should ideally approach conversations about intimacy and sexual expectations — and what makes those conversations so difficult to have.

My view:

Answer Key

For facilitators and self-study. Distribute after completion.

Section A — True or False

- 1. FALSE** — Lust (libido) and healthy attachment are driven by different hormones and serve different functions. Lust can ignite a relationship, but attachment — grounded in emotional maturity and genuine care — is what sustains it. Intense attraction alone is not a reliable indicator of long-term compatibility.
- 2. FALSE** — Many people with ACEs become exceptionally resilient, wise, and empathetic partners. ACEs that have not been consciously processed can create attachment challenges, but they are not a verdict.
- 3. TRUE** — The prefrontal cortex matures around age 25. Before then, strong sexual drives can easily override rational decision-making, increasing risk-taking in relationships.
- 4. FALSE** — Red flags are patterns that signal possible hidden conflict — but some flags are subjective. A need for extensive alone time may be a red flag to one person and a green flag to another.
- 5. TRUE** — Coercive control is explicitly listed among the nine forms of intimate partner violence, including isolating a person from family and friends and restricting access to employment, education, or medical care.

Section B — Multiple Choice

- 6. C — Oxytocin** — Called the 'love hormone,' oxytocin is critical in bonding between partners (and between parents and children). Vasopressin also plays a role in deepening sexual and social bonding.
- 7. B** — Joy, unlike her brother Jay, saw her father's alcoholism and chose not to repeat the pattern. The Joy Principle is the conscious decision to break unhealthy cycles rather than perpetuate them.
- 8. D — Kindness** — Research cited in the guide identifies kindness as the number one trait sought in long-term partners — a finding that has remained consistent across cultures and over time.
- 9. B — Active Love and Respect** — Active means demonstrated rather than declared. Respect is treated as equally important as love — and the guide distinguishes between loving someone and genuinely respecting them.
- 10. C** — Alarm bells signal potential danger. Red flags are concerns worth monitoring. The difference is severity and urgency — alarm bells require action, not just awareness.

Section C — Short Answer (Suggested points)

11. Key points: — Weaponising a confidence means using something a partner shared in trust — a private fear, wound, or family secret — as a weapon during an argument. It signals that intimacy is unsafe, erodes trust, and creates lasting emotional damage that flowers or apologies rarely fully repair.

12. Any three from: — Physical abuse, criminal harassment/stalking, sexual violence, emotional/psychological abuse, financial/economic abuse, spiritual abuse, reproductive coercion, coercive control, technology-facilitated violence. Full descriptions in Appendix C.

13. Key points: — Isolation removes the partner's support network — the people most likely to notice warning signs, provide perspective, and help them leave if necessary. It creates dependence and vulnerability. It is a strategy, not coincidence.

Section D — Reflection

Questions 14, 15, and 16 are personal and have no single correct answer. Facilitators should look for specificity, honesty, and evidence that the reader has engaged with the material rather than given surface responses. Question 16 in particular may prompt lively group discussion — the goal is not consensus but honest reflection. In group settings, a useful prompt is: ‘What makes this conversation harder to have with a partner than with a stranger?’