

Love Sense: The Revolutionary New Science of Romantic Relationships

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Chapter 1

1. Since the mid 1980s, the number of Americans saying they have only their partner to confide in has risen by:
 - a. 30%
 - b. 15%
 - c. 40%
 - d. 50%

2. According to the author, what makes love persist?
 - a. A healthy sex life
 - b. Secure attachment
 - c. The evolutionary drive to pair-bond
 - d. Good communication

3. Recent studies of Romanian orphans found that many suffer from:
 - a. Brain abnormalities
 - b. Impaired reasoning ability
 - c. Extreme difficulty relating to others
 - d. All of the above

4. Prisoners in solitary confinement call their experience:
 - a. A Living Death
 - b. A Quiet Torture
 - c. The silent treatment
 - d. A time for reflection

5. Close connection is the strongest predictor of:
 - a. Recovery from illness

- b. Job satisfaction
- c. Happiness
- d. Both b and c

Chapter 2

6. This Psychoanalyst coined the term "failure to thrive".
 - a. John Bowlby
 - b. René Spitz
 - c. Sigmund Freud
 - d. Melanie Klein

7. _____'s experiment supported Bowlby's thesis that the emotional tie between mother and baby is wired in before birth and automatic.
 - a. Harry Harlow
 - b. Deborah Blum
 - c. James Robertson
 - d. Sigmund Freud

8. This experiment of Mary Ainsworth provided empirical evidence for Bowlby's theory of attachment:
 - a. Strange situation
 - b. The separation test
 - c. The marshmallow experiment
 - d. Peek a boo test

9. The three attachment styles include all of the following except:
 - a. Secure
 - b. Anxious
 - c. Avoidant
 - d. Insecure

10. According to the studies performed by Jeff Simpson, When faced with a threat, the attachment styles follow a predictable pattern for each type except when:
 - a. The threat comes from inside the relationship.
 - b. The threat comes from an authority figure
 - c. The threat comes from a perfect stranger
 - d. The threat comes from a group

11. The four steps of separation distress include all of the following except:
 - a. Clinging and seeking
 - b. Detachment

- c. Anger and protest
 - d. Desperation and despair
12. Sue Johnson states that in 30 years of practice she has never seen anyone come back from:
- a. Stonewalling
 - b. Withdrawal
 - c. Detachment
 - d. Attachment injury

Chapter 3

13. _____ appraises us that something vital to our welfare is occurring.
- a. Fear
 - b. Pain
 - c. Emotion
 - d. Distress
14. Emotion is designed to:
- a. Enrich our experience
 - b. Enforce social constructs
 - c. Rapidly reorganize behavior
 - d. Reinforce correct behavior
15. Emotion is contagious: True or False?
- a. True
 - b. False
16. In the 1960s the American psychologist, _____, pioneered facial expression research.
- a. Paul Ekman
 - b. Albert Bandura
 - c. Aaron Beck
 - d. Stanley Schachter
17. A functional way to regulate difficult emotions in love relationships is to:
- a. Suppress them
 - b. Share them
 - c. Reframe them
 - d. Enhance them
18. Researchers have found that Tylenol can reduce hurt feelings and emotional support can lessen physical pain: True or False?
- a. True
 - b. False

Chapter 4

19. Loving contact is key to the growth of this specific kind of neuron associated with empathy.
- Feeler neuron
 - Mirror neuron
 - Empathic neuron
 - Reflective neuron
20. Because of its ability to promote strong bonds between mother and infant as well as between lovers, oxytocin has been dubbed the:
- Bonding hormone
 - Molecule of monogamy
 - Cuddle hormone
 - both b and c
21. Oxytocin levels are higher in females while males have higher levels of a very close cousin:
- Estrogen
 - Testosterone
 - Vasopressin
 - Epinephrine
22. Primatologist Frans de Waal asserts in his book *The Age of Empathy*, that _____ show all the signs of emotional bonding and empathy.
- Elephants
 - Dolphins
 - Apes
 - All of the above
23. According to Walter Freeman, professor of neuroscience at the University of California, Berkeley, _____ creates massive neural reorganization.
- Beginning to parent
 - The death of a loved one
 - Falling in love and bonding with a partner
 - Both a and c
 - All of the above

Chapter 5

24. According to the author, adult love has three elements: _____, _____, and _____.
- Physical, mental, and spiritual
 - Sexuality, caregiving, and attachment
 - Attunement, partnership, and attachment

- d. Trust, partnership, and attachment
25. _____ sex is most likely had by those who are avoidant. This kind of sex is self-centered, self-affirming and focused on one's own sensations.
- a. Sealed off
 - b. Casual
 - c. Impersonal
 - d. Detached
26. _____ sex is most likely had by anxiously attached people. In this kind of sex, there is emotional engagement but the chief feeling is anxiety.
- a. Solace
 - b. Demonstrative
 - c. Soothing
 - d. Reassurance
27. According to the author, _____ is the most satisfying and orgasmic sex, and occurs when partners are securely attached.
- a. Synchrony sex
 - b. Wall socket Sex
 - c. Intuitive sex
 - d. Empathic sex
 - e.
28. In the text, the author asserts that we are naturally monogamous and wired to prefer mating and bonding with one partner for the long term.
- a. True
 - b. False
29. _____% of women say they have little or no desire for sex, even with a committed and loving partner.
- a. 30
 - b. 25
 - c. 15
 - d. 40
30. According to the author, all of the following films except _____ show an honest, accurate portrayal of good erotic sex within a developing or ongoing love relationship.
- a. Don't Look Now
 - b. The Big Easy
 - c. Fifty Shades of Grey
 - d. Friends with Benefits

31. In the United States alone, _____ people visit internet porn sites at least once a month.
- 20 million
 - 40 million
 - 5 million
 - 65 million
32. Urologist, Carlo Foresta has found from his surveys that _____% of the young men seeking help for sexual performance problems admit to routinely using porn.
- 50
 - 30
 - 70
 - 45

Chapter 6

33. According to the text, all of the following are major relationship stages except:
- Parenthood
 - Infatuation
 - Formal bonding
 - Mature love
34. Data show that couples that cohabit before marriage are more likely to be dissatisfied with marriage and to divorce: True or False?
- True
 - False
35. A survey by the Center for Marriage and Family at Creighton University discovered that the number one problem reported by modern newlyweds is:
- Adjusting to living together
 - The frequency of sex
 - Balancing job and family
 - Money issues
36. Depression after a baby's birth occurs in men as well as women: True or False?
- True
 - False
37. Being attached to a partner helps us
- Live longer lives
 - Avoid serious ailments
 - Handle grief better and experience fewer traumatic symptoms
 - All of the above

Chapter 7

38. Significant differences between men and women appear in four areas. Three are _____ and one is _____.
- Cognitive, Psychological
 - Social, Cognitive
 - Emotional, Social
 - Physical, Psychological
39. Men appear to have better mathematical skills and visual-spatial ability but these appear largely linked to:
- Upbringing
 - Cultural influences
 - Gender roles
 - Expectation
40. Women are more empathic than men: True or False?
- True
 - False
41. Research found that the chief predictive factor in partners who split was:
- How often they fought as newlyweds
 - The affection and emotional responsiveness they had shown as newlyweds
 - How well their values and goals aligned as newlyweds
 - The amount of time they spent together as newlyweds
42. Sue Johnson uses the term “protest polka” to describe which negative pattern?
- Loss of connection
 - Escalation of conflict
 - Demand-withdraw
 - Reactive rage
43. Jill Hooley found that criticism by family members can be stressful enough to trigger relapse in people struggling from:
- Depression
 - Schizophrenia
 - Eating disorders
 - All of the above
44. The “Still Face” experiment demonstrates the effect of:
- Disengaging
 - Stonewalling

- c. Criticism
- d. All of the above

Chapter 8

45. Avoiding misattunement is the key to relationship stability: True or False?
- a. True
 - b. False
46. According to the text, Emotionally Focused Therapy is the only couple therapy intervention based on:
- a. Communication
 - b. Active listening
 - c. Attachment
 - d. Emotion
47. Accessibility, responsiveness, and engagement are the three basic elements of:
- a. Attunement
 - b. A secure bond
 - c. Good communication
 - d. Demand-withdraw cycles
48. The author calls exchanges in which real connection begins to form and a couple moves from antagonism into harmony _____ conversations.
- a. Attunement
 - b. Hold Me Tight
 - c. I am listening
 - d. Relationship building
49. A study conducted by Sue Johnson and colleagues found that all distressed couples that came to them with a single attachment injury, such as an affair could be helped in only _____ sessions with experienced EFT therapists.
- a. 6 or 7
 - b. 18 or 19
 - c. 12 or 13
 - d. 9 or 10

Chapter 9

50. What is the danger when Cleo makes the comment about the summer furniture from an attachment perspective?
- a. That Andre and Cleo will get stuck in the content issue of chores

- b. That Andre and Cleo will miss the attachment cues
 - c. That Andre and Cleo will not realize the fight is actually about lack of connection
 - d. All of the above
51. Andre's and Cleo's fight is not about the surface issue of furniture. It is about which perennial question?
- a. Do you hear me?
 - b. Can you understand me?
 - c. Are you there for me?
 - d. Are we on the same page?
52. Andre and Cleo have a conversation primarily focused on the quality of their sex life. This is a conversation for:
- a. Forgiving
 - b. Attachment
 - c. Connection
 - d. Understanding
53. Andre and Cleo have their conversation for forgiving:
- a. While watching a television program
 - b. Early one morning, in bed
 - c. In the parked car overlooking rolling farmland
 - d. Over dinner at their favorite restaurant
54. The conversation for forgiving is primarily about:
- a. Cleo's affair
 - b. Andre's absenteeism
 - c. Andre's affair
 - d. Cleo's abandonment

Chapter 10

55. According to the author, secure connection with loved ones makes us inclined to see _____ as kinder, safer, and more malleable.
- a. Our parents
 - b. Coworkers
 - c. Ourselves
 - d. The world
56. In this chapter, the author is concerned that we are building a world where:
- a. Modern city plans do not promote a sense of community
 - b. Love bonds are less valued and more difficult to make and maintain

- c. We spend too much time interacting with electronic devices and not enough time interacting with real people
 - d. All of the above
57. The new science of love indisputably demonstrates that we are united by:
- a. A cause
 - b. Our values
 - c. Nature
 - d. Our fears
58. John Bowlby noted that out-of-control _____ are natural consequences of emotional separation and disconnection.
- a. Spending habits
 - b. Anxiety and depression
 - c. Aggression and Anger
 - d. None of the above
59. When asked to match photos of people's eyes with the names of positive or negative emotions, _____ were significantly less accurate.
- a. Men who had been primed to perceive anger
 - b. Women who had received fillers or Botox
 - c. Women who were taking anti-depressants
 - d. Men who were taking anti-anxiety medications
60. The author proposes that we seem to thrive in groups of about _____ or so since that is about the size of the tribes of hunter-gatherers that we originally evolved from.
- a. 40
 - b. 90
 - c. 130
 - d. 180
61. Roxxy, the first sex robot can be customized in terms of her physical attributes and her personality. She can also make programmed conversation about :
- a. Sex
 - b. Her partner's attractiveness
 - c. Soccer
 - d. a and c
62. According to Noel Biderman, CEO of an online dating service for married folks who want to cheat, the most popular time for women who have children to sign up is:
- a. Right before their birthday
 - b. Right after their anniversary

- c. Right after mother's day
- d. Right before New year's day

63. ROE stands for:

- a. Role of emotions
- b. Roots of empathy
- c. Right of expectation
- d. Reform of education

64. Surveys find the greatest reported well-being and happiness not in the wealthiest nations but in those with the highest level of trust among citizens and:

- a. The most philanthropic individuals
- b. The best educational reform
- c. The most bonding-friendly social policies
- d. The most comprehensive healthcare system