

Love Sense: The Revolutionary New Science of Romantic Relationships (First Half Only)

To make this CE yours, read the book (borrow it from a friend or the library, or get it from Amazon), then click "Purchase Online Quiz." You will then be prompted to complete the quiz and evaluation form. You make no payment until you've completed and submitted the online quiz. We recommend that you print this PDF and fill it out as you read through the book – this will make entering your answers online much easier!

Within two business days of submitting your quiz, you will receive an email confirmation with your awarded CE certificate.

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.
- a. 20 million
 - b. 40 million
 - c. 5 million
 - d. 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.
- a. 50
 - b. 30
 - c. 70
 - d. 45