

Name _____

Building Healthy Relationships:

Multiple Choice Questions

1. What is the foundation of any strong relationship?
 - a) Respect
 - b) Gifts
 - c) Silence
 - d) Competition

2. Why are boundaries important in a healthy relationship?
 - a) To control the other person
 - b) To avoid any communication
 - c) To protect physical and emotional well-being
 - d) To keep secrets

3. How can a healthy relationship benefit your personal growth?
 - a) By stifling your personal goals
 - b) By discouraging empathy
 - c) By encouraging personal growth and development
 - d) By avoiding all conflicts

4. What should you do when conflicts arise in a healthy relationship?
 - a) Yell and blame the other person
 - b) Avoid talking about it
 - c) Focus on finding solutions together and avoid blaming
 - d) Break up immediately

5. Why is it important to maintain your independence in a healthy relationship?
 - a) Independence is not important in a healthy relationship
 - b) To control the other person
 - c) To grow as an individual
 - d) To avoid spending time together

