

Name _____

Expressing Feelings and Needs: The Art of Healthy Communication

Multiple Choice Questions

1. Why is communication important in relationships?
 - a) It's a way to control others.
 - b) It helps express thoughts, emotions, and desires.
 - c) It leads to conflicts and misunderstandings.
 - d) It's not necessary in healthy relationships.

2. What is an "I" statement, and why is it useful?
 - a) A statement that blames others for your feelings.
 - b) A statement that expresses your feelings and needs without blaming or accusing.
 - c) A statement that criticizes the other person.
 - d) A statement that avoids expressing emotions.

3. What does active listening involve?
 - a) Ignoring the other person's words.
 - b) Paying full attention, asking questions, and showing empathy.
 - c) Interrupting the other person.
 - d) Talking about your own feelings.

4. How should you express your feelings and needs in a relationship?
 - a) With blame and hurtful language.
 - b) In a respectful and calm manner.
 - c) By raising your voice.
 - d) By avoiding communication altogether.

5. Why is negotiation and compromise important in communication?
 - a) They are not necessary.
 - b) They help one person get their way.
 - c) They ensure that both parties find a solution that works for them.
 - d) They create conflicts and misunderstandings.

