

Name _____

The Influence of Family on Healthy Relationships

Multiple Choice Questions

1. What role does family play in shaping your future relationships?
 - a) Family has no influence on future relationships.
 - b) Family serves as the foundation for values, beliefs, and behaviors in relationships.
 - c) Family determines the fate of future relationships.
 - d) Family only influences friendships, not romantic relationships.

2. How can positive role models in your family influence your future relationships?
 - a) They have no impact on your relationships.
 - b) They inspire you to form healthy, loving relationships.
 - c) They guarantee conflict-free relationships.
 - d) They lead to unhealthy attachments in adulthood.

3. What is the first step to breaking negative relationship patterns learned from your family?
 - a) Avoid acknowledging these patterns.
 - b) Seek support from a therapist.
 - c) Change your family.
 - d) Ignore self-awareness.

4. What does self-awareness entail in the context of breaking negative relationship patterns?
 - a) Recognizing the patterns learned from your family and taking no action.
 - b) Ignoring your family's influence.
 - c) Understanding the impact of your family on your relationships.
 - d) Changing your family's values and beliefs.

5. Why is ongoing self-care important in maintaining healthy relationship patterns?
 - a) It has no impact on relationships.
 - b) Self-care helps maintain emotional and mental health, crucial for building and maintaining healthy relationships.
 - c) Self-care only benefits physical health.
 - d) Self-care is irrelevant to relationships.

