

Name _____

Talk it Out: The Power of Effective Communication in Healthy Relationships

Multiple Choice Questions

1. What is the role of active listening in effective communication?
 - a) Interrupting the speaker
 - b) Making judgments about the speaker
 - c) Paying full attention to the speaker without interruptions
 - d) Ignoring the speaker's words

2. How does effective communication contribute to building trust in a relationship?
 - a) By always agreeing with the other person
 - b) By hiding your true thoughts and feelings
 - c) By communicating openly and honestly
 - d) By avoiding difficult conversations

3. What is one purpose of communication in a relationship?
 - a) Creating misunderstandings
 - b) Escalating conflicts
 - c) Understanding each other better
 - d) Suppressing emotions

4. What can poor communication lead to in a relationship?
 - a) Increased trust
 - b) Resolving conflicts peacefully
 - c) Weakened trust and isolation
 - d) Building a stronger emotional bond

5. Which of the following is a tip for effective communication?
 - a) Use accusatory language
 - b) Avoid discussing difficult topics
 - c) Focus on finding solutions
 - d) Keep emotions unchecked

