

Name \_\_\_\_\_

## Trust in Healthy Relationships

### Multiple Choice Questions

1. What does trust create in a healthy relationship?
  - a) Judgment and betrayal
  - b) Emotional safety and mutual respect
  - c) Conflict and disagreements
  - d) Secrecy and instability
  
2. What is the cornerstone of trust in any relationship?
  - a) Honesty
  - b) Control
  - c) Reliability
  - d) Secrecy
  
3. How does trust affect conflict resolution in relationships?
  - a) It hinders conflict resolution.
  - b) It fosters constructive conflict resolution.
  - c) It leads to avoidance of conflicts.
  - d) It causes conflicts to escalate.
  
4. Why is vulnerability important in a relationship influenced by trust?
  - a) It weakens the emotional connection.
  - b) It leads to misunderstandings.
  - c) It deepens the emotional connection.
  - d) It creates conflicts.
  
5. What does trust in a relationship entail regarding boundaries?
  - a) Ignoring each other's boundaries
  - b) Honoring and respecting each other's boundaries
  - c) Pushing each other's boundaries
  - d) Constantly changing boundaries

