

The FIT/UCE EAP Lunchtime Seminar Program

Healthy Relationships: Healthy Bodies

True or False Quiz

- 1) It is always best to tell people when you are angry with them.
- 2) To have a good relationship with your spouse, partner or best friend, it is important to tell them everything you think and feel about them, yourself and events that happen between the two of you: otherwise it's not an honest relationship.
- 3) If you don't express your anger it will cause you to become sick.
- 4) The best way to let someone know if you are upset with something they said or did is to list everything they have done, including things not related to the specific incident at hand, but gives more credibility to your feelings and will help them understand better what you are talking about.
- 5) It's important to let spouses or partners know how the negative feelings about their family if they have voiced the same feelings you may have.
- 6) It's best to start discussions about potential problems with "I" statements describing how you feel about what was done – i.e. "I felt hurt and angry when you walked out of the room when I was talking to you."
- 7) It's okay to tell a co-worker something personal another co worker told you if they didn't say it was a "secret".
- 8) Socially isolated men are at increased risk of stroke. Socially isolated is defined as not married or partnered, fewer than six friends or relatives, and no membership in religious or community group.
- 9) Biological pathways are suggested by evidence that more negative social interactions are associated with physiological profiles characterized by elevated stress hormones, increased cardiovascular activity and depressed immune function.
- 10) Communication, self reflection, personal responsibility, and ability to connect socially with others are the cornerstones for a good relationship and a healthy body.

Answer Key: 1)F, 2)F, 3)F, 4)F 5)F 6)T 7)F 8)T 9)T 10)T

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- 1) Pick a relationship that you would like to improve to make it the healthiest it can be.

- 2) List three things that currently are problematic in that relationship.
 - 1)
 - 2)
 - 3)

- 3) How do each of those three things make you feel?
 - 1)
 - 2)
 - 3)

- 4) What kind of physical effects do you experience from those feelings?
 - 1)
 - 2)
 - 3)

- 5) When have you felt this way before?

- 6) Do you remember any other people who made you feel this way?

- 7) Are there any similarities between the past person/situation to the current one?
 - 1)
 - 2)
 - 3)

- 8) List three things that you think either of these people might be feeling at the time you both were having some difficulty.
 - 1)
 - 2)
 - 3)

- 9) List three things you genuinely like about this person.
 - 1)
 - 2)
 - 3)

- 10) List three things you can do differently in your next interaction with the current person in your life.
 - 1)
 - 2)
 - 3)

- 11) List three constructive ways of communicating what you need, what you may want to change or to be different.
 - 1)
 - 2)
 - 3)

