COURSES ARTICLE - THERAPYTOOLS.US

Print Test

1. Blame allows a spouse to put responsibility on their mate and everything other than himself/herself.

   True
   False

2. The blaming spouse should retrace your words, your actions, and your choices instead of pointing the finger at your spouse.

   True
   False

3. When virtually all arguments result in being caught up in blaming instead of honest, open self-examination, is considered a long term goal.

   True
   False

4. Aid the blaming spouse or spouse or partner develop a less-unidirectional view of the causes of relationship difficulties is a behavioral definition.

   True
   False

5. Verbalize apprehensions about the other spouse or spouse or partner’s behavior by using -I- messages, instead of disparaging the other spouse or spouse or partner is a short term goal.

   True
   False

6. List rules of the relationship that cause hurt, anger, and blaming when they are broken, is a short term goal.
7. Each spouse or spouse or partner will identify two new behaviors to engage in that will please the other partner, is a long term goal.

True
False

8. Engage in difficulty-solving arguments with other spouse or spouse or partner and then voice out settlement on how to constructively cope with outside stressors (instead of reacting with anger and blaming), is a short term goal.

True
False

9. Evaluate whether chemical dependence, physical or sexual abuse, or an extramarital affair is the reasons for most of the blaming in the relationship, is a short term goal.

True
False

10. Have each spouse or spouse or partner sign a therapeutic agreement indicating that he or she is partly responsible for the satisfaction or unhappiness in the relationship, is a short term goal.

True
False

11. Encourage the blaming spouse or spouse or partner to give up anger about a hurt from the distant past and to practice healing forgiveness, instead than bitterness that only divides the couple is an intervention.

True
False

12. Have each spouse or spouse or partner report on a positive interchange that shows change and improvement in the relationship. Emphasize each instance of positive interaction, pointing what adds to its being positivem, is a short term goal.

True
False

13. Teach the spouse or spouse or partners that each is responsible for his or her own behavior, ideas, and feelings, as each has a number of choices as a reaction to the other's behavior, is an intervention.
14. Assist each spouse or spouse or partner in voicing out the basic rules of the couple's relationship (for example, that the husband should help with house cleaning, put the children to bed, and the wife in the other hand should assist in yard work), is a __________

True  False

15. Engage in difficulty-solving arguments with other spouse or spouse or partner and then voice out settlement on how to constructively cope with outside stressors (instead of reacting with anger and blaming), is a short term goal.

True  False

16. Blaming spouse or spouse or partner keeps a list positive behaviors desired by other spouse or spouse or partner (instead than pointing out negative behaviors that trigger criticism), is an intervention.

True  False

17. Settle to a renegotiated set of basic rules- that will increase satisfaction with the relationship if adhered to, is a short term goal.

True  False

18. Remove or lower the incidence of spouse or spouse or partner blame, is a behavioral definition.

True  False

19. Assume responsibility for own behavior, ideas, and feelings, is a short term goal.

True  False

20. Settle to a renegotiated set of basic rules- that will increase satisfaction with the relationship if adhered to, is an intervention.

True  False