

Unit 1 Quiz: Communication And Interpersonal Skills — Answer Key

1. Another term for direct pressure is: (Circle the correct answer.)
- spoken pressure**
 - physical pressure
 - bullying
 - nagging
2. For each of the following examples of pressure, label them correctly by writing the letter of the correct type of pressure it shows. Having a baby negatively affects a couple's relationship.

Pressure Type

- Unspoken Pressure
- Spoken Pressure

Example

- b Rejection
a The Example
b Reasoning
a The Look
b The Put Down
a The Huddle

3. List two benefits of high self esteem. *Any of the following are acceptable answers:*
Increased respect, Increased ability to reach goals, Increased willingness to try, Increased feelings of value
4. List two risks of low self esteem. *Any of the following are acceptable answers:*
Vulnerable to peer pressure, Feels insecure, Disrespects others and self, Doesn't feel valuable, Fears failure, Uses drugs and alcohol, Behaves destructively
5. List three ways to improve self esteem. *Any of the following are acceptable answers:*
- **Use Positive Self-Talk:** I can do this. I am capable. I am a good person. I have value. I have talents and skills. I am loved (by parents, siblings, friends, God). I am lovely/beautiful/handsome just the way I am.
 - **Act with Integrity-** doing what you know is right
 - **Interpret Messages from others:** Consider who is doing the talking and where they're coming from (their own self image, the values and views, their emotions or situation at the time)
 - **Choose Supportive Friends**
 - **Accept yourself**
6. Three communication styles are passive, aggressive, and assertive.
7. List three ways to demonstrate active listening: *Any of the following are acceptable answers:*
Parroting, Paraphrasing, Reflecting Feelings/Validating, Empathizing, Body Language
8. Effective communication uses: "I" statements "You" statements. (Circle the correct answer.)
9. True or False: In order to validate someone's feelings, it's important to agree with what they say. (Circle the correct answer.)
TRUE FALSE
10. True or False: Every person in a relationship has the right to set boundaries in that relationship. (Circle the correct answer.)
TRUE FALSE