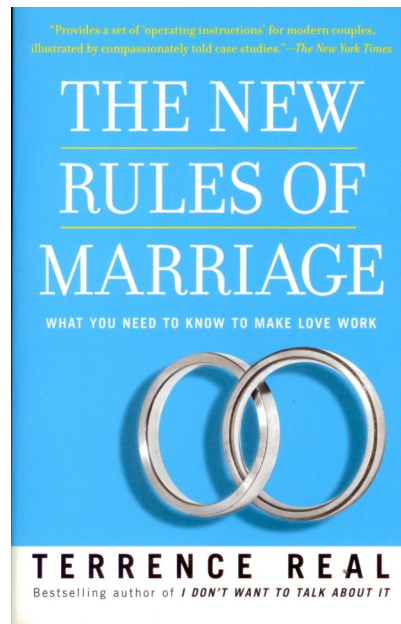




Home Study Continuing Education Program



The New Rules Of Marriage By Terrence Real

9 CE Hours Credit

Commonwealth Educational Seminars

1020 West Barnstable Rd
Marstons Mills, MA 02648
(800) 376-3345—Fax: (508) 420-3360
info@CommonwealthSeminars.com
Www.CommonwealthSeminars.com

Home Study Program

Instructions

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 2. Read the book or article.**
- 3. Complete the test with a score of 75% or better.**
 - a. You may take it online if you wish.**

Please refer to the instructions on the registration page at the end of this test packet.
 - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

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Questions? Phone: (800) 376-3345 or email to:
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We are approved to offer Continuing Education credit for Social Workers, Psychologists, Nurses, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Registered Dietitians, Substance Abuse Counselors, Licensed Alcohol and Drug Abuse Counselors, LADCs (I-III) and Massachusetts Educators.



Commonwealth Educational Seminars Certification Exam

The New Rules Of Marriage By Terrence Real

Select one response for each question below.

1. According to the author, the emergence of couples's therapy in the 1950's has done nothing to change it.

- a. True b. False

2. The golden rule of relationship empowerment is not: "What can I give you to help you give me what I want?"

- a. True b. False

3. Five losing strategies in a relationship are:

1. Needing to be right
2. Controlling your partner
3. Unbridled self-expression
4. Retaliation
5. Withdrawal

- a. True b. False

4. Objective reality has no place in close personal relationships.

- a. True b. False

5. Moving into relationship empowerment means learning to live a non-violent life.

a. True b. False

6. We are drawn to people whose issues fit perfectly with our own in a way that guarantees a reenactment of the old, familiar struggles we grew up with.

a. True b. False

7. We all marry our unfinished business.

a. True b. False

8. Telling your partner precisely and in no uncertain terms how horrible you feel about his/her behavior is probably the most effective way to engender a generous response.

a. True b. False

9. Core negative images of your partner always point in the opposite direction from your goal.

a. True b. False

10. Turning to misery stabilizers is a form of withdrawal.

a. True b. False

11. The best defense against verbal abuse is not a time-out.

a. True b. False

12. Fully developing the containing part of your psychological boundary is a necessary prerequisite for closeness.

a. True b. False

13. Developing the protection of a functioning boundary is not the cure for being walled off.

a. True b. False

14. Attribute-based esteem is used equally by men and women.

- a. True b. False

15. Healthy self-esteem does not require any amount of shame.

- a. True b. False

16. Shame and grandiosity are primarily opposite emotions.

- a. True b. False

17. Complaint is the flip side of acquiescence.

- a. True b. False

18. The shift from complaint to request is so important because it's the only way you will ever get your needs met.

- a. True b. False

19. The essential dynamic of all relationships is a dance of harmony, disharmony, and repair.

- a. True b. False

20. Interpersonal conflicts are resolved by eradicating differences.

- a. True b. False

21. When someone initiates repair, the speaker role and the listener role are two different roles.

- a. True b. False

22. A shift toward increased levels of intimacy in one partner implicitly demands increased levels of vulnerability in the other.

- a. True b. False

23. Rocking the boat is an appropriate strategy to help your partner take you seriously.

- a. True b. False

24. No one learns how to be relational by themselves.

- a. True b. False

25. While supporting girls to step out of the traditional mold has been going on for some time now, boys have had far less support.

- a. True b. False

26. Second consciousness is a practice of bringing the functional adult part of ourselves into relationship with the childish parts of ourselves.

- a. True b. False

27. There is nothing that you need to say that cannot be said from the "I."

- a. True b. False

28. I have completed all the requirements for this home study course without any assistance from others.

- a. True b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

29. The content of this course was appropriate for my profession.

- a. True b. False

30. The course information was relevant and can be applied to practice.

- a. True b. False

31. The course information contributed to achieving personal, professional goals.

- a. True b. False

32. I would recommend this program to others.

- a. True b. False

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**The New Rules of Marriage
Certification Test**
You may take this certification test online.

1. Log on to CommonwealthSeminars.com
2. At the bottom of the column on the left, click on "Take Your Test"
3. Click on *The New Rules of Marriage* in the books listing.
4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.
5. Take the test and submit it.
6. Download and print your Certificate of Completion.

Or you can fill out this printed test and send it to us.
Please fill in the following information and Mail/fax it to:

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I am seeking CE credit for the following profession(s):

Profession	License Number	State
_____ Psychologist (APA):	_____	_____

_____ Social Work (ASWB): _____

_____ Certified Counselor (NBCC): _____

_____ LMHC (NBCC): _____

_____ Drug/Alcohol Counselor/LADC:(NAADAC): _____

_____ Licensed Marriage/Family Therapist (NBCC): _____

_____ Registered Nurse: _____

_____ Dietitian: _____

ID Number: