**Chapter 10 review- Skills for Healthy Relationships**

*Match each definition with the correct term*

Cooperation role

Compromise relationship

Friendship passive

Communication aggressive

Assertive character

1. \_\_\_\_\_\_\_ A significant relationship between two people based on caring, trust and consideration.
2. \_\_\_\_\_\_\_ A part you play in a relationship
3. \_\_\_\_\_\_\_ attacks the person NOT the problem
4. \_\_\_\_\_\_\_ The ways in which you send and receive messages
5. \_\_\_\_\_\_\_ A process of working together for the good of all
6. \_\_\_\_\_\_\_ attacks the problem NOT the person
7. \_\_\_\_\_\_\_ the way you think, feel and act
8. \_\_\_\_\_\_\_ a problem solving method that involves each participant giving up something to reach a solution that satisfies everyone.
9. \_\_\_\_\_\_\_ the ways of sending and receiving messages.
10. \_\_\_\_\_\_\_ do not stand up for themselves and just “goes along” with whatever

*Fill in the blanks with the correct term*

Body language constructive criticism

Tolerance “I” messages

Active listening prejudice

Tara is annoyed because Liz is late. To avoid placing blame, she uses \_\_\_\_\_\_\_ to let Liz know how she feels. Liz shows she is listening to Tara by using appropriate \_\_\_\_\_\_\_\_\_, such as nodding her head. Using \_\_\_\_\_\_\_\_\_\_ skills helps Liz understand why Tara is upset, and she apologizes for being late.

*Replace the underlined words with the correct term.*

Negotiation peer mediators

Conflict resolution interpersonal conflict

Mediation confidentiality

Conflict

14) Any disagreement or struggle is a negotiation.

15) Negotiation and mediation are two processes used for interpersonal conflict.

16) Mediators must demonstrate conflict, respect for the rights and privacy of others.

*Use complete sentences to answer the following questions.*

17) Name three roles you play in your relationships with others. Explain when you play each role.

18) How can compromise help strengthen a relationship?

19) What are some ways you can demonstrate the character trait of responsibility?

20) How do you know when you are communicating effectively?