1. When members of dyads have differences in cultural background, one or both may not understand the meaning of the other’s behavior. This may lead to attributing negative intent to behaviors that were actually based in neutral or positive intent. Interventions for such issues typically involve helping the partners to learn “emotional acceptance” of each other’s view of the problematic behavior. Emotional acceptance does not mean that a partner would change the problematic behavior. Each partner would recognize that the problematic behaviors were not likely to change. However, each would learn to change the way they interpreted the behaviors – from viewing them as unacceptable and aversive to tolerable and acceptable. Four broad strategies were discussed for promoting emotional acceptance: empathic joining around the problem, detachment from the problem, tolerance building, and learning greater self-care. The authors discussed three procedures for developing tolerance. Please list and briefly (two or three sentences) describe each procedure.

2. Systems of support outside a dyadic relationship contribute to the resolution of problems within the relationship. The authors proposed four strategies for identifying sources of support. Please list these strategies.

3. Interventions that are effective in the short term may not generalize to the long term. Relapse often happens. This suggests the incorporation of a relapse prevention component into the treatment plan. Please list the four steps for relapse prevention.
3. Any relationship periodically experiences conflict. In most cases, the conflictual interactions are successfully resolved with slight distress. However, some types of conflictual interactions lead to further conflict and, ultimately, to persistent marital distress. Markman, Stanley, and Blumberg classified these interactions into the following four patterns. Briefly (preferably in one sentence), define each.

- **Escalation**: This occurs when each negative communication is responded to with a communication that is at least equally hurtful (reciprocal coercive interaction).
- **Invalidation**: This occurs when one partner ridicules and/or attacks the thoughts, feelings, and behaviors of the other partner.
- **Withdrawal and Avoidance**: This occurs when one partner refuses to participate in an interaction with another.
- **Negative Interpretations**: This occurs when one partner evaluates the beliefs and intentions of the other partner in a more negative fashion than is supported by evidence.