



Name of the Bundle	Proficient Bundle V1	Subject	Soft Skills
Topic	Interpersonal and Intrapersonal Relationship	Last updated on	03 July 2025

Multiple Choice Questions on Interpersonal and Intrapersonal Relationship

1. What does "inter-" mean?

- a. Within
- b. Around
- c. Between
- d. Outside

Ans: c. Between

2. Which of the following best describes an intrapersonal relationship?

- a. A conversation between two friends
- b. A conflict between coworkers
- c. A person reflecting on their own thoughts
- d. A discussion in a group meeting

Ans: c. A person reflecting on their own thoughts

3. An interpersonal conflict occurs _____.

- a. within a single person's mind
- b. in a person's private journal
- c. between two or more individuals
- d. during a solo activity

Ans: b. between two or more individuals



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4. What does intra mean?

- a. Between two things
- b. Within
- c. Beyond
- d. Shared equally

Ans: b. Within

5. Which of the following is an example of interpersonal communication?

- a. Meditating alone
- b. Talking to a friend
- c. Writing in a diary
- d. Thinking silently

Ans: b. Talking to a friend

6. Which of the following is a key component of an interpersonal relationship?

- a. Isolation
- b. Communication
- c. Selfishness
- d. Avoidance

Ans: b. Communication



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7. The ability to understand and share another person's feelings is called ____.

- a. leadership
- b. collaboration
- c. empathy
- d. competition

Ans: c. empathy

8. What component involves guiding and influencing others?

- a. Team building
- b. Empathy
- c. Leadership
- d. Listening

Ans: c. Leadership

9. Which component helps people work together to achieve a common goal?

- a. Criticism
- b. Collaboration
- c. Solitude
- d. Conflict

Ans: b. Collaboration

10. Building trust and cooperation within a group is part of _____.

- a. Critical thinking
- b. Empathy
- c. Team Building
- d. Argument

Ans: c. Team Building



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11. Leadership involves creating a positive environment for ____.

- a. Arguments
- b. Growth and collaboration
- c. Laziness
- d. Conflict among team members

Ans: b. Growth and collaboration

12. What does communication in interpersonal relationships involve?

- a. Ignoring others
- b. Building walls between people
- c. Connecting and interacting with others
- d. Working alone

Ans: c. Connecting and interacting with others

13. Empathy involves ____.

- a. Arguing
- b. Judging
- c. Caring
- d. Avoiding

Ans: c. Caring

14. A good leader should ____.

- a. Create confusion
- b. Avoid decisions
- c. Provide direction
- d. Work silently

Ans: c. Provide direction

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15. Which of the following is NOT the purpose of team building?

- a. Strengthening relationships
- b. Improving teamwork
- c. Isolating team members
- d. Achieving shared goals

Ans: c. Isolating team members

16. Team building activities aim to_____.

- a. Separate individuals
- b. Strengthen relationships
- c. Reduce communication
- d. Increase competition

Ans: b. Strengthen relationships

17. Collaboration helps in producing _____.

- a. Individual outcomes only
- b. Collective outcomes
- c. Personal success without team input
- d. Confusion in work

Ans: b. Collective outcomes

18. Intrapersonal relationship is a connection with _____.

- a. Friends
- b. Strangers
- c. Yourself
- d. Family

Ans: c. Yourself



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19. Which of the following is NOT a benefit of strong intrapersonal skills?

- a. Better self-regulation
- b. Improved decision-making
- c. Enhanced teamwork
- d. Increased self-confidence

Answer: c. Enhanced teamwork

20. What is self-development mainly focused on?

- a. Judging others
- b. Gaining wealth
- c. Improving one's skills and self-awareness
- d. Copying others

Ans: c. Improving one's skills and self-awareness

21. What does adaptability help with in self-development?

- a. Avoiding new experiences
- b. Resisting change
- c. Adjusting to challenges and growth
- d. Sticking to old habits

Ans: c. Adjusting to challenges and growth

22. Perception is the process of ____.

- a. Ignoring reality
- b. interpreting sensory information
- c. Memorizing facts
- d. Judging others quickly

Ans: b. interpreting sensory information



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23. Motivation is best described as_____.

- a. A feeling of laziness
- b. An internal drive to reach goals
- c. A habit of waiting
- d. A way to avoid responsibilities

Ans: b. An internal drive to reach goals

24. Motivation is often fueled by_____.

- a. Boredom
- b. Doubt
- c. Desires and needs
- d. Sleep

Ans: c. Desires and needs

25. Expectation means_____.

- a. Forgetting the future
- b. A belief about what will happen
- c. A memory of the past
- d. Ignoring outcomes

Ans: b. A belief about what will happen

26. Expectations can influence_____.

- a. Weather
- b. The taste of water
- c. Behavior and decisions
- d. Nutrition

Ans: c. Behavior and decisions



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27. Which is not an intrapersonal skill?

- a. Emotional intelligence
- b. Self-motivation
- c. Networking
- d. Self-confidence

Ans: c. Networking

28. What do interpersonal relationships directly influence?

- a. Internal thoughts only
- b. External relationships and interactions
- c. Personal hobbies
- d. Financial decisions

Ans: b. External relationships and interactions

29. Which of the following is a direct outcome of strong interpersonal relationships?

- a. Social isolation
- b. Miscommunication
- c. Social success
- d. Reduced empathy

Ans: c. Social success



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30. What do intrapersonal relationships primarily influence?

- a. How we interact with others
- b. How we understand and manage ourselves
- c. Our physical health
- d. Our financial decisions

Ans: b. How we understand and manage ourselves

31. How do intrapersonal relationships impact external relationships?

- a. They directly control others' behavior
- b. They indirectly shape how we relate and respond to others
- c. They eliminate the need for communication
- d. They have no impact

Ans: b. They indirectly shape how we relate and respond to others

32. Which of the following is a common sign of poor interpersonal relationships?

- a. High motivation
- b. Lack of concentration
- c. Increased social engagement
- d. Improved self-esteem

Ans: b. Lack of concentration

33. A sharp decline in self-esteem is a sign of _____

- a. Mathematical error
- b. Environmental pollution
- c. Physical exercise
- d. Interpersonal and intrapersonal

Ans: d. Interpersonal and intrapersonal



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34. Excessive irritability can be a direct result of_____.

- a. Balanced emotions
- b. Stable relationships
- c. Unresolved interpersonal issues
- d. Mindfulness practice

Ans: c. Unresolved interpersonal issues

35. Withdrawal from social activities is often a sign of_____.

- a. Strong interpersonal bonds
- b. Healthy intrapersonal reflection
- c. Relationship breakdown
- d. Improved communication skills

Ans: c. Relationship breakdown

36. Perception is a component of:

- a. Interpersonal relationships
- b. Intrapersonal relationships
- c. Physical health
- d. Social gatherings

Ans: b. Intrapersonal relationships