Cross Site Request Forgery

Checkpoint 1. Describe the steps needed to craft an Cross Site Request Forgery? Are there any assumption?

Checkpoint 2. What relationship is being abused for Cross Site Request Forgery?

Checkpoint 3. What is same origin policy and how is same origin policy help to mitigate (but not completely defend) against Cross Site Request Forgery?

Checkpoint 4. Name other ways that an attacker can launch a Cross Site Request Forgery without needing a malicious website.

Checkpoint 5. How to stop Cross Site Request Forgery?