

Name _____

The Value of Seeking Support and Guidance from Trusted Individuals in Challenging Relationship Situations

Multiple Choice Questions

1. Why is seeking support and guidance important in challenging relationship situations?
 - a) To avoid facing challenges alone
 - b) To prove one's independence
 - c) To keep problems a secret
 - d) To isolate oneself from others

2. What are some types of support that individuals can seek in challenging relationship situations?
 - a) Only professional help
 - b) Friends and family, mentors, professional help, and support groups
 - c) Only friends and family
 - d) Only mentors and role models

3. What is one of the benefits of seeking emotional support from trusted individuals?
 - a) Increased stress and anxiety
 - b) Improved communication within the relationship
 - c) Isolation from loved ones
 - d) Avoidance of emotions

4. How can seeking support and guidance strengthen relationships?
 - a) By avoiding communication with others
 - b) By showing vulnerability and a willingness to work on the relationship
 - c) By keeping emotions and challenges to oneself
 - d) By isolating oneself from friends and family

5. What is the first step in seeking support from trusted individuals in challenging relationship situations?
 - a) Avoiding emotional expression
 - b) Identifying individuals whom you trust and feel comfortable confiding in
 - c) Keeping one's needs a secret
 - d) Isolating oneself from friends and family

