

Name _____

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

Short Answer

1. Explain why seeking support and guidance from trusted individuals is important in challenging relationship situations.
2. Name and briefly describe three types of support that individuals can seek when facing challenges in their relationships.
3. How can seeking support from trusted individuals lead to improved communication within a relationship?
4. Share a personal example of a time when you sought support and guidance from a trusted individual in a challenging relationship situation. Describe the outcome of seeking that support.
5. What are some steps individuals can take when seeking support and guidance from trusted individuals in challenging relationship situations?

