

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Reflect on the role of mentors and role models in providing guidance and support in challenging relationship situations. Share an example of how a mentor or role model has influenced your approach to relationships.
2. Imagine a scenario where a friend is hesitant to seek support and guidance from trusted individuals in a challenging relationship situation. Offer advice on why and how they should reach out for help.
3. Discuss the significance of being open to feedback when seeking support in challenging relationship situations. Share an example of a time when receiving feedback from a trusted individual helped you navigate a difficult relationship challenge.
4. Share a story or example of a situation where seeking professional help was necessary to address challenging relationship issues. Explain how the involvement of a therapist or counselor contributed to a positive outcome in that situation.

