

Name _____

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

Multiple Choice Answer Key

1. a) To avoid facing challenges alone
2. b) Friends and family, mentors, professional help, and support groups
3. b) Improved communication within the relationship
4. b) By showing vulnerability and a willingness to work on the relationship
5. b) Identifying individuals whom you trust and feel comfortable confiding in

