

Name _____

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

Short Answer Key

1. Seeking support and guidance is important because it provides emotional relief, new perspectives, improved communication, and strengthens the bonds that matter most.
2. (Possible answers include friends and family, mentors and role models, and professional help. Friends and family offer comfort and advice. Mentors and role models provide wisdom and guidance. Professional help includes therapy and counseling.)
3. Seeking support can lead to improved communication because trusted individuals can offer insights and perspectives that enhance understanding between individuals in the relationship.
4. (Response will vary based on personal experiences.)
5. Steps include identifying trusted individuals, expressing needs, being open to feedback, and considering professional help when needed.

