

Seeking Validation and Support: Homework Sheet

Name: _____

Date: _____

Fill out this sheet during or just after a situation in which you were seeking or wanted to seek validation and/or support. Describe the situation as soon as you can. Use the back of the page if you need more room.

Prompting event: Be specific.

Goals and Objectives: Clarify feelings? Wanting to feel understood? Wanting someone to do something different/new? Wanting the relationship to be different? Wanting to do something different/new for another person? Level of validation targeted? Be specific.

What did you do to be **effective**? What happened after? Be specific.

What did you do to **maintain the relationship**? What happened after? Be specific.

What did you do to **maintain self-respect**? What happened after? Be specific.

What (if anything) got in the way of you being effective?