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?