

Exercise #1: Love Lost!

Your friend is trying to support you after you have recently lost a close romantic partner. For each of the following responses, identify the level of emotional support (High, "H", Moderate "M"; Low/None, "L/N") and write about your likely reactions to the various attempts at support?

1. "It's alright. You'll get over it. There's many more fish in the sea." H M L/N

2. "That must be tough. How have you been able to handle this so far?" H M L/N

3. "I think it might be a good night for a trip to our favourite dance bar! How does that sound?" H
M L/N
