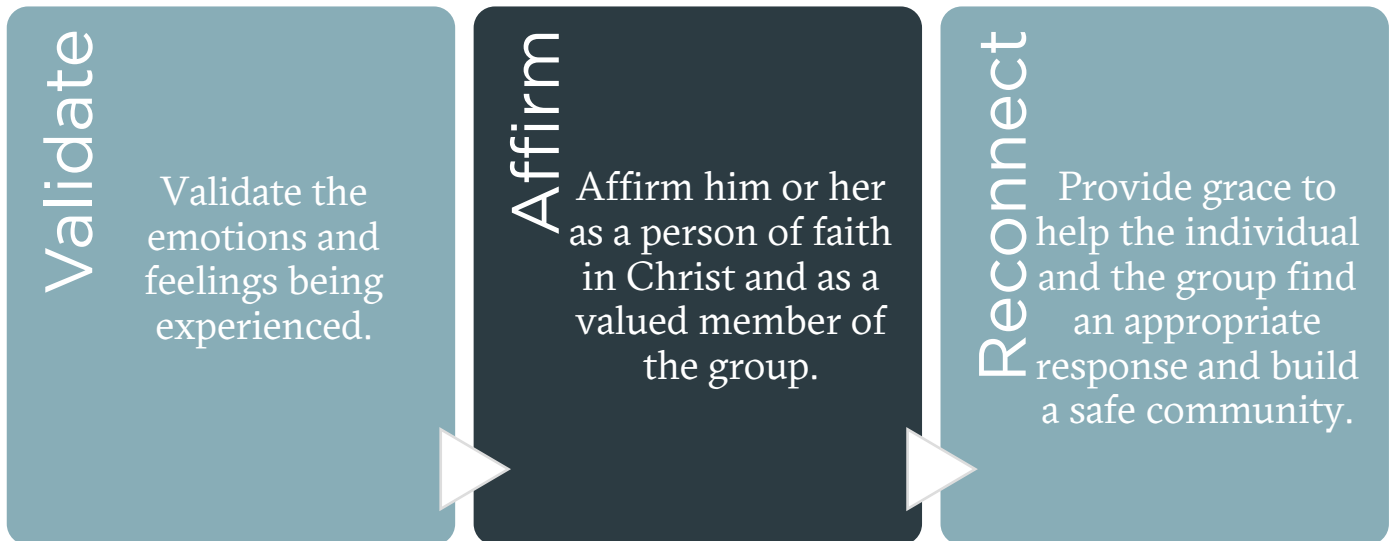


Use the following sample situations to practice developing Validate, Affirm & Reconnect statements.



SAMPLE SITUATION #1

“Every day my anxiety is horrible. I try to experience God, but I never experience Him or feel like He loves me. I want to be thankful, but I don’t want to lie to myself and pretend that I’m ‘thankful.’ What am I supposed to do?”

V:

A:

R:

SAMPLE SITUATION #2

“He/she has destroyed our lives and the problems never end. We’re going broke! No one seems to really understand ... my spouse won’t even come to this group. I can’t see any of this getting better.”

V:

A:

R:

SAMPLE SITUATION #3

“They’ve left me for another and I’m alone dealing with all the problems ... they have ruined me. NOW he/she wants me back and they’re desperate. I love him/her but I don’t want them a part of my life ... I’m so torn.”

V:

A:

R:

SAMPLE SITUATION #4

“We’re so scared and feel alone. We’re tired and we just don’t feel any hope that he/she will ever get better. Why has God allowed us to go through this painful trial ... why is He not helping us?”

V:

A:

R:

SAMPLE SITUATION #5

“My spouse just left me and has taken everything, even the children. I have nothing! They have been horrible to me.”

V:

A:

R: