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FORM 3.9

How to Be More Rewarding and Get Support from Your Friends

Directions: In order to get your emotional needs met, it is important to make your relationships mutually rewarding. Think about ways in which you can reward your friends, help them understand you, strengthen your ties and bonds to one another, and expand your network of support. Eleven strategies are listed in the left column in the form below. In the right column, give some examples of how to incorporate these strategies in your daily life.

How to be more rewarding and get support from your friends	Examples
1. Are you acting like a downer?	
2. "I need my friends to understand Am I in a 'validation trap,' demanding validation?"	
3. Learn how to ask for help.	
4. When seeking validation, keep your listener in mind.	
5. Validate the validator.	
6. Talk about positives—things that you are doing that can help.	
7. If you describe a problem, describe a solution.	
8. Don't sound like your own worst enemy.	
9. Initiate positive contact with positive activities.	
10. Respect advice.	
11. Become part of a larger community.	