Support System Worksheet

Name		Date		
Instructions				
List the names of your family members, close friends and indivduals who can provide support For each person or group you've listed, note their strengths and the role they play in your support system. Then, List the preferred communication methods for each person or group.				
Note the availability of each person or group.				
Name	Strengths and role	Communicati on method	Availability	

Reflection
Reflect on your current needs for support. Are you seeking emotional support, advice, encouragement, or something else?
Are there any gaps in your support system that you would like to fill? How can you strengthen your existing support network?
Identify self-care activities and strategies that help you cope when your support system may not be available.
Additional notes