

Exercise: Your Social Support Network

Take a moment to reflect on your social support network – who is part of it?

- Beside each person or group you think of, write down what type of support they provide
(Types of support could include: emotional support, companion support, informative support, instrumental support, or a reliable alliance.)
- Is there a need (emotional, informative, companion) that is not currently being met by your current social support system?
- Is there some way you think you might be able to strengthen your social support?, if so, what might that support look like?

