

Your Social Support Network

Who are the people in your life that are there for you when you need them? Write their names in the circles below. Closer, more intimate relationships should be nearer to the center.

What kinds of support do these people give you? Be sure to put them in the right section. If they are good at more than one type of support, write them down more than once.

Types of Support

- Emotional: behaviors and words that make you feel cared for, understood, and supported. It can be a kind word, crying together, or holding hands.
- Informational: Support can be advice, information, or suggestions on how to deal with a particular situation.
- Practical: Support can be practical behaviors or objects like giving money, driving you to appointment, or doing your laundry.

