Support System Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Instructions: List the names of your family members, close friends and individuals 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

Communication 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