



Building Your Support System

Few would disagree that it is important to have a reliable emotional support system, but many people find this is a difficult thing to achieve. If you often find yourself feeling alone and that there is no one who understands you, then it is time to find people you can talk to and rely on. This worksheet can help you think about people who can support you in various areas of your life. If you have difficulty thinking of people in a specific area, think of people who could *possibly* fill this role, and then work towards making this happen. Often you'll find you can get the support you need by just asking for it.

Write down people you know who fit into each category.

Someone I can discuss a personal problem with _____

Someone who enjoys similar activities _____

Someone who can help me with a task _____

Someone who can cheer me up when I am down _____

Someone who builds my self-confidence _____

Someone who can give me helpful feedback _____

A good listener I can share my feelings with _____

Someone who can be honest with me when I'm making a mistake _____

Someone who can keep me accountable for my promises _____

Someone who could help me conquer bad habits _____

Someone who can help me solve serious problems _____

Someone I can count on to make me laugh _____

Someone who can comfort me in a time of loss _____

Someone who can care for me when I'm ill _____

Someone who will be proud of my achievements _____

