

# Building Your Support System to Overcome Your Anxiety

People with anxiety disorders often find themselves isolated from others. They are often embarrassed about their problems and find it easier to just be alone rather than explain themselves to others. But avoiding people to avoid your anxiety will cause you two problems. You will miss many opportunities to enjoy your life which can only happen in the company of others and by avoiding situations that cause you anxiety, you will likely prolong this psychological problem.

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 at least one person you know who fits into each category.

## **Someone I can discuss a personal problem with:**

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## **Someone who enjoys similar activities:**

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## **Someone who can help me with a task:**

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## **Someone who can cheer me up when I am down:**

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## **Someone who builds my self-confidence:**

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who can give me helpful feedback:**

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Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who is a good listener and who is understanding:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who can keep me accountable for my decisions and goals:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who can help me conquer bad habits:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who can help me solve serious problems:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone I can count on to make me laugh:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who can comfort me in a time of loss:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who can care for me when I'm ill:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone who will be proud of my achievements and let me know it:**

\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone else who can give me support:**

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone else who can give me support:**

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone else who can give me support:**

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Someone else who can give me support:**

Phone: \_\_\_\_\_ Email: \_\_\_\_\_