

Creating Your Support Map

Objective

To identify supportive people, places, and things so you can seek help with problems when you need it.

What to Know

Right now, you might be focusing on and thinking a lot about your relationship with your boyfriend or girlfriend. But take a look at some of the other relationships in your life. This is important, because sometimes when you focus intensely on one relationship, it's easy to lose sight of your other relationships – with family, friends, and other people who can support you. Remember – no *one* relationship can meet all of your needs.

This exercise will help identify supportive people, places, and things and create a “map” of your support system.

What to Do

Look at the map on the next page. In the center circle, write your name and draw a picture of yourself. You can also paste a picture of yourself there. In the boxes connected to you, write the names and phone numbers of the people or organizations who are or who could be a part of your support system. This means anyone you can call on for help in any area of your life from a serious personal problem, to a health concern, to help with a school project.

Here are examples of people, places, and things you might have in your support system.

Parents/guardians

Friends

Grandparents

Dating partner

Brothers or sisters

Co-workers or boss

Other family members

School

Trusted teacher

Neighbor

Counselor or therapist

Health clinic

Church, temple, or place of worship

Crisis or youth hotline

Club, team, or group you belong to

Youth center

Other: _____

Other: _____

As you focus on and develop healthy relationships, strong or confusing feelings may come up. Who in your support map can you talk to about your feelings?

_____ 's

Support Map

