

Strengthening Social Support

Write the first names of the persons who offer you support in each of the following areas:

FRIENDS:

FAMILY:

ROOMMATES or NEIGHBORS:

PROFS or ADVISORS or PROFESSIONAL HELPERS:

ORGANIZATIONS or CLUBS or FAITH GROUPS:

CLASSMATES or STUDENTS:

WORK ASSOCIATES:

Consider how often you've seen these people recently or if there are any areas that need strengthening. Now identify one action that you can take in the next week to enhance your social support network:
