



# People in My Life and the Ways They Support Me

## Instructions:

Each square below represents a different type of support that people can give you. Think about the people in your life who fit into each square and write their names below. The same person can be written in more than one square.

### Practical Support

Who would you ask to give you a ride somewhere or lend you something you need?

### Advice or Information

Who would you ask when you don't know how to do something?

### Companionship

Who would you ask to spend the afternoon with you or enjoy a pleasant activity with you?

### Emotional Support

Who would you ask to talk to when you're feeling down or need encouragement?

## Reflection Questions:

**Where is there plenty of support?**

**Where are there gaps in support?**

**Which people in your life do you rely on a lot & who could you rely on more?**