

My Support Network

The stronger the network of supportive people in your life, the easier it will be for you to maintain healthy patterns and make positive changes. What does your network of support look like right now?

Write your name in the middle of the diagram below and label the inner circles with the people in your life who fit in each category. Use the bubbles beyond your inner circle to brainstorm names or titles of people connected to your inner circle, people who may also be able to help you in some way. (Be sure to draw lines connecting your inner circle to the people they know. And if those in your outer circle know one another, you can also draw lines between them to form a kind of (web of support.)

