

WORKSHEET 10.2: 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 there. The same person can be written in more than one square.



PRACTICAL SUPPORT	ADVICE OR INFORMATION
<p>Whom will you ask to:</p> <ul style="list-style-type: none"> • drive you to the hospital? • call to lend you something you need? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Whom will you ask for advice/information:</p> <ul style="list-style-type: none"> • when you don't feel well? • when you don't understand how to do something? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
COMPANIONSHIP	EMOTIONAL SUPPORT
<p>Who will:</p> <ul style="list-style-type: none"> • walk around the park with you? • spend the afternoon with you? • help you with chores? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Who will you look to:</p> <ul style="list-style-type: none"> • for encouragement? • for understanding? • for help when you're feeling down? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>