

Excercise # 5: PERSONAL SUPPORT NETWORK

Fill in people or resources you could go to for each need listed:

- When I want to gather reliable information:
- When I want to relax and have a laugh:
- When I want good feedback or sound advice:
- When I want to feel better about myself:
- When I want to share my personal fears:
- When I want to be challenged:
- When I want to express my feelings of anger and frustration:
- When I want to explore new options or alternatives:
- When I want acceptance and approval:
- When I have a problem I can't solve alone:
- When I want to learn what resources or services are out there:
- When I want a mentor or someone who will share their experiences:
- When I
- When I