



Building a Web of Support

A great way to make sure you feel safe, connected and supported is to deliberately take INVENTORY of WHO you have in your life now. Taking stock helps you to notice if there are holes in your safety net and take steps to fill them.

Using the Web of Support on the next page:

- Take a minute to reflect on who you have in your life right now.
- Put the people closest to you (in terms of time you spend with them) closest to the middle.
- Put others that are in your life but less close (physically or emotionally) on the outside of the circle.
- Now take out a red and a green marker and note which of those people are:



I. **RED DOTS** – not supportive and in fact drain your energy and leave you doubting or questioning yourself.



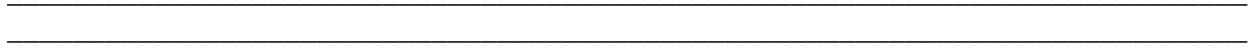
II. **GREEN DOTS** – real supports! People who care for you unconditionally and leave you feeling positive, hopeful and energized.

If there are RED dots close to the center of your web ask your self the following questions:

Why are they red dots?

Can they be green dots?

Do I need them in my life or am I better off without them?



Add *your dots!*
Or

