# How Do You Want to Be Treated?

When you are working to overcome a psychological problem, you will almost always make more progress when you reach out to others. But will your friends and family provide you with the kind of support you are looking for? The odds of this happening are increased when you are clear about what you want and what you don't want. Use this worksheet to think about the ways you want to be supported and make sure that you communicate this clearly to the important people around you. You can even show them this worksheet to get the conversation started.

What I don't want from others:

_____To be blamed for something I cannot help

_____ To be told to just "get over it"

_____ To be deserted

_____ To be told to just "cheer up"

_____ To be told "other people have it much worse than me"

_____To be made to feel like I am a failure

_____ To be treated like a child or that I have some kind of disease

Other things I don't want from others:

_____  _____

_____  _____

_____  _____

_____  _____

_____  _____


What I do want from others:

_____ Kindness

_____ Compassion and empathy

_____ Respect

_____ To be listened to

_____ Patience

_____ Safety

_____ Reassurance

_____ Physical contact

_____ To be treated normally

_____ Acceptance

_____ Help with my responsibilities

_____ Encouragement

_____ Companionship

_____ Presence

_____ Extra attention

Other things I want from others:

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_____    _____

_____    _____

_____    _____

_____    _____


Other thoughts about how people can support you:

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