

Building a Support System to Help Overcome Your Problems

People with psychological problems frequently find themselves isolated from others. They are often embarrassed about their problems and find it easier to be alone rather than talk about what they are going through.

However, avoiding people can keep you from getting support which could help you with your difficulties. We all need other people in our lives and even if the people you know can't help you with your immediate problems, just being around others can contribute immeasurably to your happiness.

This worksheet can help you think about people who can support you in various areas of your life. Often, you'll find you can get the support you need just by asking for it.

Write down at least one person you know who fits into each category.

Someone I can discuss a personal problem with:

Phone: _____ Email: _____

Someone who enjoys similar activities:

Phone: _____ Email: _____

Someone who can help me with a task:

Phone: _____ Email: _____

Someone who can cheer me up when I am down:

Phone: _____ Email: _____

Someone who builds my self-confidence:

Phone: _____ Email: _____

Someone who can give me helpful feedback:

Phone: _____ Email: _____

Someone who is a good listener and who is understanding:

Phone: _____ Email: _____

Someone who can be honest with me when I'm making a mistake:

Phone: _____ Email: _____

Someone who can keep me accountable for my decisions and goals:

Phone: _____ Email: _____

Someone who can help me conquer bad habits:

Phone: _____ Email: _____

Someone who can help me solve serious problems:

Phone: _____ Email: _____

Someone I can count on to make me laugh:

Phone: _____ Email: _____

Someone who can comfort me in a time of loss:

Phone: _____ Email: _____

Someone who can care for me when I'm ill:

Phone: _____ Email: _____

Someone who will be proud of my achievements and let me know it:

Phone: _____ Email: _____

Someone else who can give me support:

Phone: _____ Email: _____

Someone else who can give me support:

Phone: _____ Email: _____

Someone else who can give me support:

Phone: _____ Email: _____

Someone else who can give me support:

Phone: _____ Email: _____