**MENTEE’S REFLECTION ON PERSONAL SOCIAL SUPPORT**

*This questionnaire is designed for completion by the Mentee in order to promote a team of support in the Mentee’s environment. However, you may conduct the survey with their permission.*

*You will find a copy of this on the Leader’s Resource page of the LivingSmart website*.

1. To lend me emotional support—who is a non-tobacco user—I have:

* More than one other significant person interested in my efforts to quit forever
* At least one significant other person to help me
* No one to help me.

If the response is “No one”, you may stop here .

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2. Can you identify someone in your environment who can perform any of the following acts for you? Circle all that apply, please. (*From this information a plan can be made by you and your Mentor for compassionate team support in your nicotine addiction recovery*.)

1. Help you out of a crisis situation, even though he/she would have to go out of their way to do so.
2. To listen openly and uncritically to your innermost feelings?
3. Can, in a thoughtful, compassionate manner, tell you when you need to change or improve your behavior.
4. Allow you to be totally yourself in your relationship.

If you have identified someone (or more) like this, would you be willing to enter into a verbal agreement with this person to support your efforts to quit the use of tobacco products?

If so, discuss this with your Mentor or Phone Coach, toward creating a team effort.