

## Instructions:

1. Make a copy of this document
2. For each 15-minute monthly session, copy and paste the format provided below and fill in the boxes
3. Create a list of people who offer you comfort or security. If you need help creating that list, consider the following questions.
  - a. Who do you spend the most time with?
  - b. Who do you go to for advice when you are worried about something?
  - c. Who do you rely on to always be there for you?
4. List six positive qualities that most if not all people on your list strongly demonstrate.
5. Then, recollect a scenario where one of the people on your list helped and comforted you in a time of adversity.
6. Explain how completing this exercise made you feel.

## Time Requirement:

**Time** - around 15 minutes a month.

**Frequency** - It is recommended that you do this exercise once a month. However, you can do it every other month or every couple of months (any time interval in which you want to reflect on your support system 😊)

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FEELING SUPPORTED 

\_\_\_\_(month)\_\_\_\_

*List of people who offer you comfort or security:*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

***Brainstorming***

1. *Who do you spend the most time with?*
2. *Who do you go to for advice when you are worried about something?*
3. *Who do you rely on to always be there for you?*

***List six positive qualities that the people on your list share***

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

***Recollect a scenario where one of the people on your list helped and comforted you in a time of adversity.***

***How did this make you feel?***

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## Student Review:

I did not get off to a promising start when I first completed this exercise. I got stuck on the first task. I had trouble recalling instances where someone had offered me comfort or security, and I had to go back and edit my list multiple times. Despite these initial setbacks, I was able to see that I had a solid support system by completing the first task. I also found out that the people on my list shared a lot of the same qualities such as empathy, humor, and patience. By recalling a scenario where a specific person helped me during a difficult time, which in my case was a friend helping me cope with exam stress by following a study plan with me and giving me reassurance, I was able to fully appreciate the support I receive from the people around me. Overall, this exercise helped me reflect on the help I receive from others and the significance of having a strong support system.