



BUILDING A Support Network



WHO'S GOT YOUR BACK? BUILDING A SUPPORT NETWORK

Having a solid group of people to turn to when things get tough can make a huge difference. Use this worksheet to think about the people who support you and help keep you on track, especially when you're feeling stressed or tempted to use substances.

WHO ARE YOUR GO-TO PEOPLE?

Think about your friends, family, teachers, coaches, or anyone you trust. Write down the people who are always there for you and how they help you out.

SUPPORT PERSON #1:

Name: _____

Relationship: _____

How They Help Me: _____

SUPPORT PERSON #2:

Name: _____

Relationship: _____

How They Help Me: _____

SUPPORT PERSON #3:

Name: _____

Relationship: _____

How They Help Me: _____

DIFFERENT KINDS OF SUPPORT

You might need different kinds of support, depending on what's going on. Write down at least one person for each type of support, or if you can't think of anyone, write down where you could find that support (like a school counselor or online group).

EMOTIONAL SUPPORT:

Someone I can talk to when I'm feeling down.

Name: _____

ADVICE & GUIDANCE:

Someone who gives me good advice and helps me figure things out.

Name: _____

ENCOURAGEMENT:

Someone who believes in me and pushes me to keep going.

Name: _____

HEALTHY ACTIVITY BUDDY:

Someone I can hang out with and do fun, positive stuff
(like sports, art, or any hobbies).

Name: _____

MAKING MY SUPPORT GOALS

Setting a goal can help you strengthen your support system. Write down one thing you want to focus on.

Support Goal:

- Example: "I want to spend more time with my friend who makes me feel good about myself."

THINKING ABOUT YOUR SUPPORT CREW

Answer these questions to see how you can make the most of your support system.

Who's someone I can call or text when I need help?

Name: _____

What's one thing I can do with my support crew when I'm feeling stressed?

Activity: _____

Is there anyone I'd like to add to my support crew? How can I build that relationship?

Person I'd Add: _____

How I'll Build That Relationship: _____



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