

What support do I have?

For each letter, try to think of at least one person who fulfils that role.

A – Someone I can talk through problems with.

B – Someone who knows how to get things done.

C – Someone I can take a break with, have a drink or a meal with, to get away from it all.

D – Someone I can call on in a crisis.

E – A chat room group or online friends and acquaintances, e.g. through Facebook, MySpace, Bebo, etc.

F – Someone who introduces me to new ideas, new interests, new people.

G – Someone who challenges me to sit up and take a good look at myself.

H – Someone who will give me practical or material support.

I – Someone who would take up my case with local authorities, national bodies, companies, etc.

J – Someone who can make me feel competent and valued.

K – Someone I can share good news and good feelings with.

L – Someone, or a group, I can have a really good laugh with.

M – Someone who is a specialist in my field.

N – Someone, or a group, who has expertise in areas I need help with (e.g. technology, finance etc.).

**Remember that asking for support is a sign of strength.
Too many of us lack the courage to ask, or think that having
to ask for help is a sign of weakness.**