

Under- standing your support network.



As you prepare for therapeutic support, understanding your existing relationships and support systems can enhance your therapeutic experience. This resource helps you reflect on your connections and communication patterns.

Current Support

- Who do you turn to when challenges arise?
- What types of support feel most helpful?
- How do you typically ask for help?

Communication

- How do you express needs to others?
- What makes sharing feelings easier/harder?
- When do you feel most understood?

Preferences

- What kind of support works best for you?
- How comfortable are you receiving help?
- What makes support feel meaningful?

Your Insights

- Consider sharing relevant observations in therapy
- Remember that support needs may change
- Different situations may require different support