

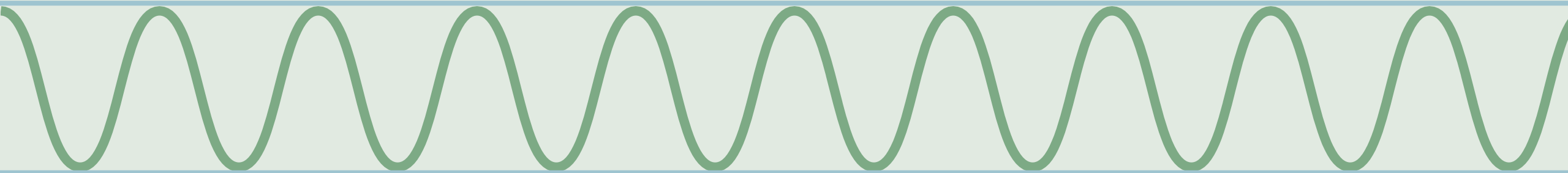
Mapping your Support Network

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RESPONDING TO LIFE

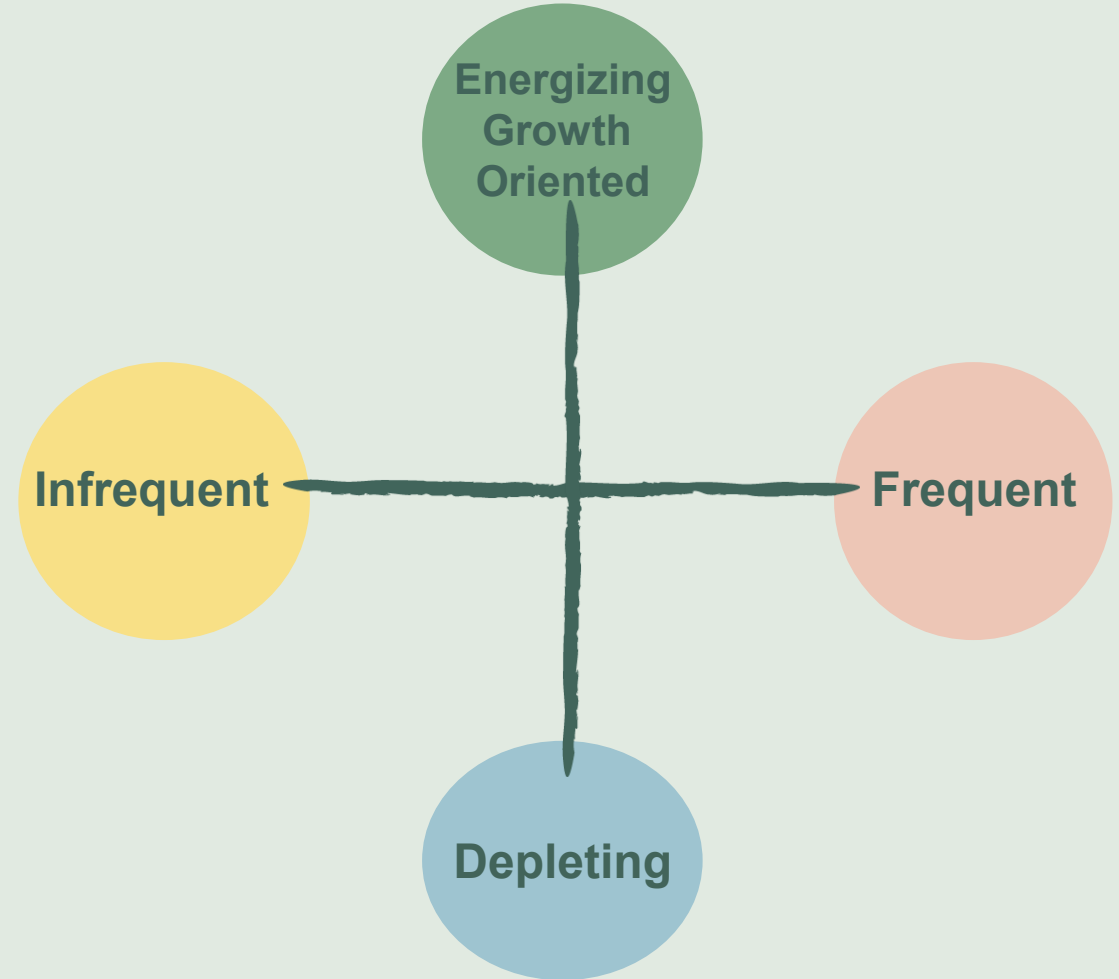
SUPPORT NETWORK / MENTORS



WELLNESS PRACTICES

MY PRESENT SOCIAL UNIVERSE

Select the 8-10 people in your life you spend the most time with. Plot them on the T-Chart, as how you see them impacting your life.



TYPE OF SUPPORT NEEDED	WHO PROVIDES THE SUPPORT
Safety & Security	Dad, Wife, etc.
Learning & Growth	Husband, Friend (Jennifer), etc.
Trust & Connection	Best Friend (Jennifer), Cousin (Joseph), etc.
Identity & Acknowledgment	Best Friend (Jennifer), Wife, etc.
Fun & Relaxation	Best Friend (Jennifer), Husband, Mom, etc.

MY HEALTHIER SOCIAL UNIVERSE

Utilizing the information gathered from the last slide, plot the individuals you have listed on the new T-Chart. Now compare the two charts and reflect on the differences. What are the steps you need to take based on the information collected?

