

My View of Support

Individually reflect on the following questions:

1. Think of a time that you needed support. What did you do about it?
2. What are your beliefs about support?
3. What was your family model regarding support? What did it look like?
4. How do your beliefs and your family model impact your approach to getting support for yourself?



My Support System

Generic Types of Support	Who Can I Count on for Support?
<p>Model: Serve as models to you. You admire, respect, see as competent and confident.</p>	
<p>Shared Experience: They are 'in the same boat', striving for similar goals, etc.</p>	
<p>Relaxing: Provide you with warmth, closeness, & ease. You can share your thoughts & feelings freely.</p>	
<p>Dependable: Make it easy for you to ask for help and depend upon them for assistance.</p>	
<p>Respect: Respect your competence, understand the difficulty and value of your work, recognize your skills, and affirm your self-worth.</p>	
<p>Challenge: Help you stretch, see other perspectives, and challenge your assumptions.</p>	
<p>Connect: Connect you to needed resources.</p>	
<p>Guide: Provide advice and methods to achieve goals and solve problems.</p>	



My Support System

1. After completing the table on the previous page, consider:
 - a) Which part of your support system is most developed?
 - b) Which part is least developed? Why might that be?
 - c) What individuals, if any, show up in three or more categories?
 - d) Do you consider yourself over-reliant or under-reliant on any support people?
2. What are two ways you would like to change the composition of your support system?



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