

Youth Wellness Quest







Self reflection activity



My support system

Label each circle with a person or service that is part of your support network. Leave circles blank if there are too many or add circles if there are not enough.

Draw a line from each circle to "me" in the middle in the following way:

- Make the line thick () for strong support and thin () for less strong support.
- Make the line solid () for more consistent support and broken () for less frequent and less consistent support.
- Make the line straight () for helpful support and wavy () for unhelpful or harmful support.

