







# 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.

