

ENHANCING SOCIAL SUPPORTS REMINDER SHEET

WHO might be able to support you? Consider people in the past who have been:

- Usually supportive, such as friends, family, acquaintances, or others in your community
- Usually neutral (aren't coming in with a bias against you)
- Not supportive, but might become supportive when they see your effort

WHAT types of support will be most helpful?

- Help with problem solving-someone good at thinking of options
- Moral support-offers encouragement and understanding
- Sharing the load-help with getting things done
- Information-about activities, transportation, getting a job, etc.
- Emergency help-for small loans, needed items, a ride, etc.

HOW can you get the support or help you need?

- Ask for what you need. Be direct and specific.
- Add new supporters. As you work on something new, like trying to quit alcohol, marijuana, or other drugs, you may need new or additional supporters.
- Lend your support to others. It allows you to get better at receiving support.
- Give your supporters feedback. Let them know when something is or isn't helping.