

# Real Life Practice: Seeking and Giving Support

Think of a current problem that you would like help with

Describe the problem: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who might help you with this problem: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What might he or she do to give you the support you'd like?  
\_\_\_\_\_  
\_\_\_\_\_

How can you get this support from him or her? Remember, be direct & specific:  
\_\_\_\_\_  
\_\_\_\_\_

Now, choose the right time & situation, and try to get this person to support you.  
Describe what happened: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Offer support to someone else.

Name a friend or family member who is currently having a problem & who could use more support from you: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe what you could do to lend him or her some support: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now, choose an appropriate time & setting, and give support to this person.  
Describe what happened: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_