



WHO IS MY SUPPORT SYSTEM?



A support system is made up of people who help, encourage, and uplift you. Not all "support" is healthy support. Let's explore who truly supports your well-being.



DIRECTIONS: List the people in your life and sort them into the categories below. Then reflect on how each person shows up for you.



HEALTHY SUPPORTS

These people support your growth, respect your boundaries, and want the best for you.



Who are they? (Name or describe)	Helpful	Reliable	Sober / Not using	Aware of my situation	Respects boundaries	Encourages my growth
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



UNHEALTHY SUPPORTS

These people may drain you, bring negativity, or not have your best interest at heart.



Who are they? (Name or describe)	Not helpful	Unreliable	Using / Under the influence	Not aware or dismissive	Disrespects boundaries	Drains my energy
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



WHO SHOWS UP FOR ME IN POSITIVE WAYS?

Who can I count on when I need...?

- Someone to talk to: _____
- Encouragement: _____
- Help with a problem: _____
- A safe place to be: _____
- Accountability: _____
- Practical support (rides, childcare, etc.): _____



WHO DRAINS ME OR IS NOT GOOD FOR ME?

How do they negatively impact me?

- _____
- _____
- _____
- _____
- _____
- _____



WHAT MAKES A HEALTHY SUPPORT?

Check all that apply.



- Pays attention and listens
- Respects my boundaries
- Encourages my goals
- Honest and trustworthy
- Reliable and follows through
- Sober / not using around me
- Understands my situation
- Kind and non-judgmental
- Supports my healing
- Makes me feel safe and valued

MY SUPPORT SYSTEM ACTION PLAN

What steps can I take to build and strengthen my support system?



1. _____
2. _____
3. _____
4. _____



REMEMBER: You deserve support that helps you grow, heal, and become your best self. It's okay to let go of what no longer serves you and choose people who choose you.

YOU MATTER. YOUR WELL-BEING MATTERS.

