



Identify the Support that Helps

Before starting this activity, ensure you have completed the "*Monitor Your Social Support*" self-monitoring exercise and have your monitoring form ready. This exercise will guide you in identifying effective support, selecting the right person to provide it, and offering support in return.

Instructions:

1. Review Your Monitoring Results:

- Examine the support types you tracked during the two-day monitoring activity.
- Focus on items with ratings of 3, 4, or 5, indicating they were helpful. Cross out any items with lower ratings.

2. Assess Benefits and Effects:

- For the remaining items, review the positive benefits and potential negative effects.
- Cross out any support types that had negative effects on you or your situation.

3. Select Up to Three Helpful Supports:

- From the remaining items, choose up to three types of support that you feel would be most beneficial.

4. Identify the Right People for Support:

- For each type of support, identify who would be the best person to provide it.
- Consider their ability, availability, and willingness to help.

5. Plan to Offer Support in Return:

- Reflect on how you can support the person helping you. This mutual exchange can strengthen the relationship and encourage their participation.

Identify the Support that Helps Table

Helpful Support	Who Can Help	Support Offered

View your support plan on the next page

Your Support Plan

Support 1

You said you would like to receive the following support:

You said you will ask the following person for support:

To show your appreciation, you will offer this person support with:

Support 2

You said you would like to receive the following support:

You said you will ask the following person for support:

To show your appreciation, you will offer this person support with:

Support 3

You said you would like to receive the following support:

You said you will ask the following person for support:

To show your appreciation, you will offer this person support with:

On the next page, request the support need

Request Support

Now that you have created a support plan, talk to each of your supporters. Let them know that you have appreciated their help in the past. Talk about the kind of help you would like and offer some support. Remember that your supporter has the right to say no to your request. If that happens, **you can still offer your support!** Remember to think of someone else to provide the missing support.