

Tool 9.1: Develop a support network

Date:

Think of people you know, including family, friends, and acquaintances, as you answer the questions below.

Making new connections

Who could you contact for a social occasion, like lunch, coffee, or a movie?

Choose one person to start with. How, when, and what could you invite them to do together?

What unhelpful thoughts might prevent you from contacting this person?

How can you challenge those unhelpful thoughts?

Sourcing emotional support

Who do you trust to listen without judging you or telling you what to do?

How and when might you contact that person?

What unhelpful thoughts might prevent you from contacting this person?

How can you challenge those unhelpful thoughts?