

YOU ARE THE CENTER AND CARETAKER OF YOUR SUPPORT SYSTEM

FILL IN THE CIRCLES WITH (1), WHO THEY ARE AND (2), WHAT THEY DO FOR YOU. USE **————** FOR STRONG TIES - USE **- - - - -** FOR TIES THAT NEED TENDING. WHAT DO YOU WANT FROM THEM THAT YOU ARE NOT WILLING/ABLE TO GIVE IN RETURN? WHAT DO YOU PROVIDE DIFFERENTLY FOR THEM THAN THEY PROVIDE FOR YOU?

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KNOWING OUR STRENGTHS AND WEAKNESSES, AND KNOWING WHEN TO GET AND OFFER SUPPORT, IS A MAJOR PART OF STARTING AND MAINTAINING A STRONG AND ON-GOING SUPPORT SYSTEM.



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.