

## Social Support Worksheet

Researchers have identified support in four categories: emotional support, social companionship, informational support, instrumental support. You can add additional categories for things that are highly valued in your life such as spiritual, or your work in social justice, or your profession. As you name people in your social support circles, it's ok to name people who are no longer living *as long as you regularly access their support*. If you are noticing a deficit in your support system remember that the culture at large that we live in has many mechanisms to divide us; it is not your fault! This exercise is designed to help you see how you be intentional about the people in your life and so that you can garner more support. Do what you can to avoid feeling bad for what you do not have and make a plan to get more of what you need.

Name one to three people you can count on when you need someone to talk to about something going on for you emotionally.

Name one to three people you can call on when you want companionship (in the time of COVID, phone conversations or Zoom totally count)

Name one to three people you can resource when you need information

Name one to three people in your life who help you out with things you need help with, for instance when you get sick, or need a ride somewhere, or other logistical support

Name one to three people in options categories that are meaningful to you: spiritual, professional, social justice work, sangha, people you connect with around hobbies etc.

On another piece of paper, draw three concentric circles, make the first circle big enough to put in the names of three people from the list you created and write them in the inner circle. Write 6 names in the next circle out. Write 12 names in the outermost circle. If necessary, look to see if some of the folks in outer circles might be candidates for moving in closer.

Using this information, describe your social capital as it stands right now; then describe goals for how it could be better

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