

My support network

The right friends and close family members can provide great comfort and support. However, it may be hard for them to know precisely what you need. Don't leave them guessing. Use this chart to decide what you need from them and start building your support network.

write your friend / family member's name here

What I expect from you

- *To cheer me up when I'm down*
- _____
- _____
- _____

write your friend / family member's name here

What I expect from you

- _____
- _____
- _____
- _____

What I won't discuss with you

- _____
- _____
- _____
- _____

What I won't discuss with you

- _____
- _____
- _____
- _____

How I want to spend time with you

- _____
- _____
- _____
- _____

How I want to spend time with you

- *As if we were on holiday*
- _____
- _____
- _____



write your friend / family member's name here

What I expect from you

- _____
- _____
- _____
- _____

write your friend / family member's name here

What I expect from you

- _____
- _____
- _____
- _____

What I won't discuss with you

- *How my partner is feeling*
- _____
- _____
- _____

What I won't discuss with you

- _____
- _____
- _____
- _____

How I want to spend time with you

- _____
- _____
- _____
- _____

How I want to spend time with you

- _____
- _____
- _____
- _____