

"My Support Network"

(Adapted from the book Facing Changes and griefspeak.com)

1. List 3 people (or more if you like) who you feel comfortable talking to, at home, school, etc.

_____	Phone# _____
_____	Phone# _____
_____	Phone# _____
_____	Phone# _____
_____	Phone# _____

2. Name two or more places I can go to that help me to feel comfortable and safe:
(try to locate a place in your own living space and one outside your living space).

_____	_____
_____	_____
_____	_____



3. List 3 or more activities I can do that will help me to express my feelings. A few examples include: write, draw, hit pillows, nap, cry, sing, play music, play video games, write songs, journal, play a sport, work, pound nails, volunteer with younger kids or older people, fish, cook, go to the gym, go for a run, write letters, paint, do physical work, join a support group, call a hot line,.....

_____	_____
_____	_____
_____	_____

4. List the names of songs I can listen to, games I can play or movies I can watch that help me to feel better or get my mind off things:

_____	_____
_____	_____
_____	_____