



Your support network

Remember that a problem shared is a problem halved. Remember that you have friends and contacts who are more than willing to help and support you....but sometimes we don't feel like 'bothering' them or being a nuisance. Support networks are vital and keeping a note of your network will help when the time comes to call on someone.

Someone I can rely on in a crisis

Someone who makes me feel good about myself

Someone I can totally rely on

Someone who will tell me how well or badly I am doing

Someone I can talk to if I'm worried

Someone who really makes me stop and think about what I am doing

Someone who is lively with me

Someone who introduces me to new ideas and concepts