**Worksheet: Areas of Support**

This activity is designed to help you develop insight on how you are supported, and who you are supported by within your social network.

**Step 1:** Review the Areas of Support. If you do not see an area of support that YOU utilize or rely on, use the blank spaces to write-in your own.

**Step 2:** Identify YOUR Areas of Support by categorizing them within the 5 elements of Emotional, Affirmational, Belonging, Informational, & Tangible support. \*You can use them more than once.

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| **Areas of Support:** | | | |
| Chaplain | Spouse | Church community group | Neighbor(s) |
| Friend(s) | Internet | Family/Parent | Person who has a car or truck |
| Mentor(s) | Medical | Barber/hairdresser | LPO |
| DIVO | Motorcycle club | Chief | Social media |
| Pet(s) | Ombudsman | Barista | Volunteer group |
| LCPO | Counselor(s) | Work | FFSC/MWR |
| Hiking group | Shipmate | CRT member | CSADD |

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| **Emotional Support:** To feel loved or cared for | | | |
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| **Affirmational Support:** Support from which you feel valued and respected in what you do | | | |
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| **Belonging Support:** Where you feel connected as a part of something | | | |
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| **Informational Support:** Support from which you obtain knowledge or information | | | |
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| **Tangible Support:** Support for your practical needs | | | |
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