Week 10 Lab:

Social Support

**Social Support Profile**Please fill in the following tables based on your own **personal experiences** using **full sentences**. Textbook/general definition answers will not be accepted.

1. List three people, groups, or communities that provide you with social support. (Ex. mom, partner, therapist, co-workers, sports team, school.)

|  |  |
| --- | --- |
| **Support 1** | Grandmother (Nana) |
| **Support 2** | Father |
| **Support 3** | Mona (Girlfriend) |

1. *Describe* how each of the supports from question 1 help you, or could help you with a current problem or need.

|  |  |
| --- | --- |
| **Support 1** | Without a doubt, my nana has been the most impactful in my life. She has supported me in every phase of my life. She would always be there to set me straight when my logic wasn’t sound and have conversations with me without any judgement ever seeping in. |
| **Support 2** | My father has always been the voice of reason. Any spurts of emotion that were unnecessary from me were handled with reason and calmness as I grew up. I can always count on my dad to give me advise without getting emotions involved. When I need an opinion on a hard decision, I go to my father. |
| **Support 3** | Mona has been my girlfriend for two years, going on three. While she is a source of stress at times, she is also a source of support. She knows I don’t need too much support but can pick up on when I do. I tend to forget to feed myself or prepare for myself to have food in my house. So, during my busy schedule, she tends to help with meals. |

1. *Describe* any barriers (ex. time, distance, cost etc.) that could prevent you from fully utilizing each of your supports.

|  |  |
| --- | --- |
| **Support 1** | My grandmother lives in Stratford. I can make that drive as it isn’t far off my way to work. However, with a full schedule of work and full-time school, I don’t have time to have a meaningful visit. |
| **Support 2** |  |
| **Support 3** |  |

1. What **specific** steps could you take to better utilize your supports?

|  |  |
| --- | --- |
| **Support 1** |  |
| **Support 2** |  |
| **Support 3** |  |