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.

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| --- | --- |
| **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** |  |

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

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

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

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