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** |  |
| **Support 2** |  |
| **Support 3** |  |

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

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