

Who could be a Helper?

A helper is someone who you can speak to openly about your problems.

They can also help you:

- identify triggers.
- work through the program with you step by step.
- face your triggers later on for the first time (but not after that!).
- keep you motivated and encouraged.
- help you see how far you have come when your thoughts become clouded.

Choose a helper who'll listen to your problems. If you're wondering who that could be then take a look at the list, it might give you some ideas.

Possible Helpers

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|--------------------------------|---------------------------|
| ● Grandchild | ● Practice Nurse |
| ● Friend/Mentor | ● Uncle/Aunt |
| ● Grandparent | ● In-Law |
| ● Husband or Wife | ● Brother/Sister |
| ● Niece/Nephew | ● Work Colleague |
| ● Partner/Boyfriend/Girlfriend | ● Acquaintance |
| ● Teacher | ● Son/Daughter |
| ● Stepdaughter/Stepson | ● Mother/Father |
| ● Social Worker | ● Doctor |
| ● Neighbour | ● Priest/Vicar/Rabbi/Imam |
| ● Cousin | ● Community Nurse |