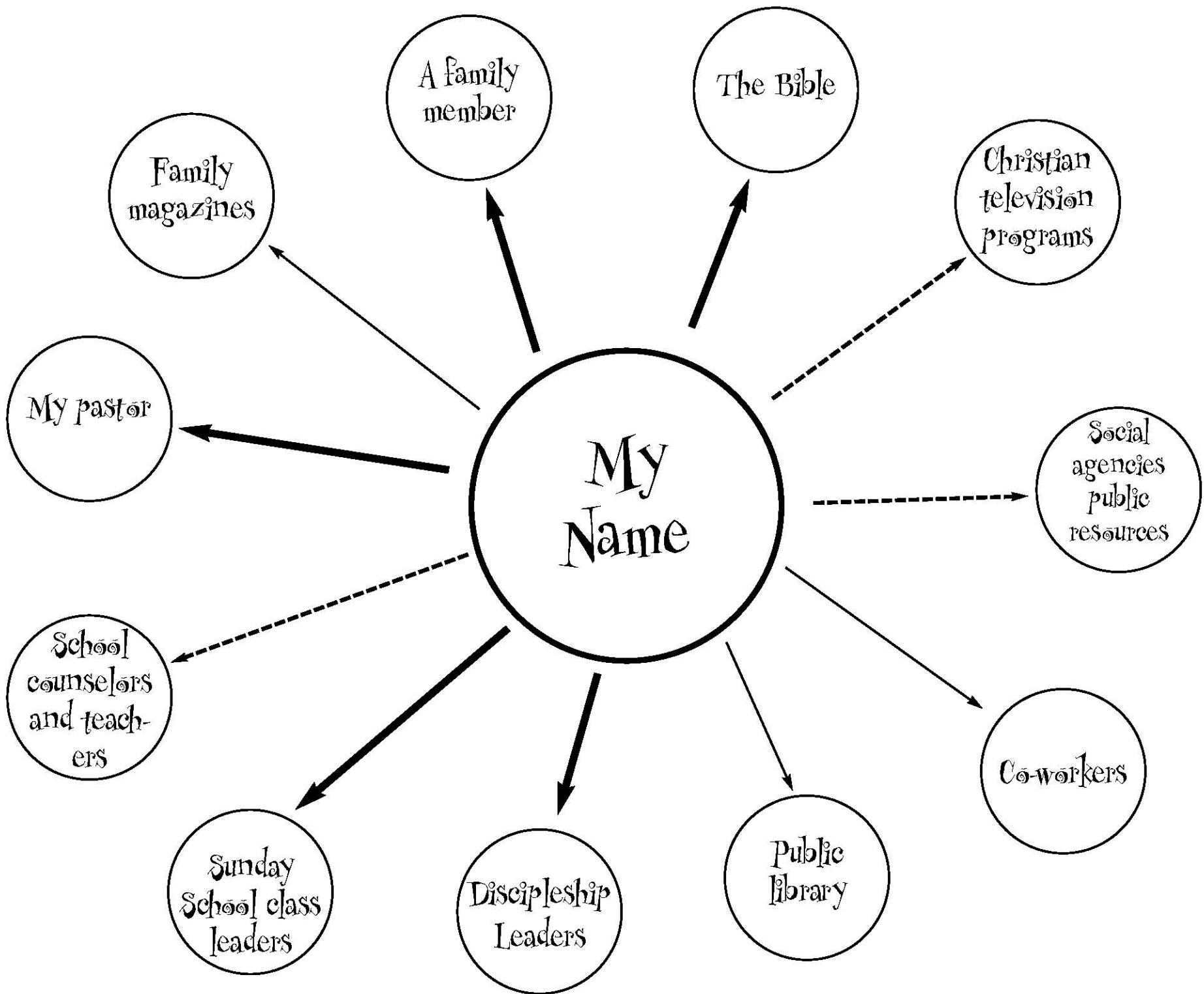


Developing a Support Network

A Support Network can help you identify support resources for adults in your study group. Completing the chart gives you a resource to refer to periodically when you face a need, crisis, or uncertainty. Be as detailed as you want to be, but remember that the more resources you list, the more resources you may have available to you when you need help.

Look closely at the first diagram. This is a sample of what your chart might look like when completed. Photocopy the second page. Have one for each participant. Make extra copies in case participants need another form. Follow these simple instructions for helping participants complete their own Support Network. You also can use different colors or highlighter markers to identify categories of resources, such as institutions, friends, print and media resources, and so forth.

1. Place your name in the center box.
2. Make a list of all possible resources you can call on for help when you face various kinds of crises. Make this first chart general in nature. You could do the same thing for specific kinds of crises for which specialized resources might be needed. Place possible resources in each box. Add more boxes as you need them. Remember: The more boxes, the more resources you have identified in case of crisis.
3. Identify strong resources by drawing a bold, solid line from you out to the boxes. Strong resources are those you know will be of great benefit in time of crisis.
4. Identify moderate resources by drawing a thin line from you to the boxes. Moderate resources include people who would help you if you asked them for help, but are not quite as likely to step forward to offer help.
5. Identify weak resources by drawing broken lines from you out to the boxes. These resources are not quite as likely to be of immediate help in a crisis, but might provide information that can help you cope with a need or information you can use to help others cope with a need.



Fill in the circles with your own support network.

