

Your name: _____ Date completed: _____



ACTION STEP #1

Whose got your back? Who do you rely on for support?

When making choices or setting goals, it can be helpful to know whom you can count on. Different people may be helpful in different situations. Use the boxes below to write down the names of people who you know that you can ask for support or help.

Examples of who might be in the Community Circle: Providers such as Counselors and Therapists, Teachers, Helpful Neighbors, Community Members, Coaches, Co-workers

Examples of who might be in the Friends Circle: Friends, Classmates Teammates and Extended Family, Fellow Church Members

Examples of who might be in the Family Circle: Parents, Caregivers, Siblings, Close and Trusted Friends and other Supportive Family Members

