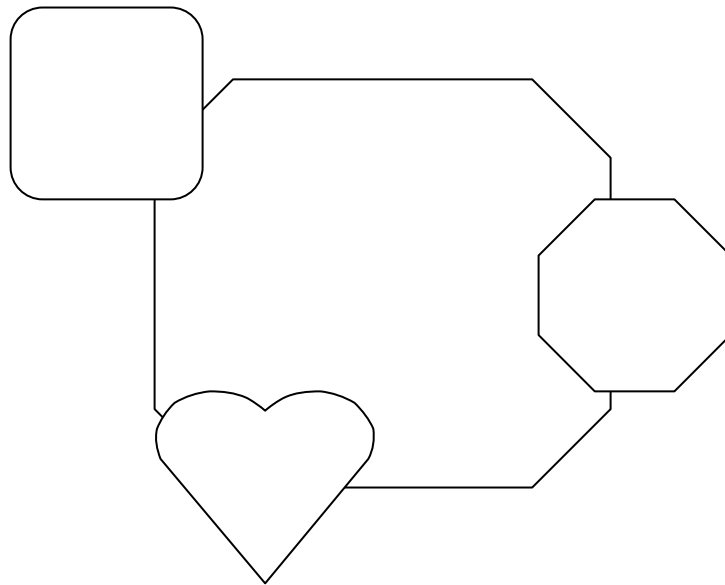


# Your Support System



How can my support system effect my self esteem?

1. \_\_\_\_\_.
2. \_\_\_\_\_.

Who is my support system?

1. \_\_\_\_\_.
2. \_\_\_\_\_.

How can I support myself?

1. \_\_\_\_\_.
2. \_\_\_\_\_.

Who needs support? \_\_\_\_\_.

Can I find support on my own? \_\_\_\_\_.



Check off the boxes which apply to you:

Exercise:

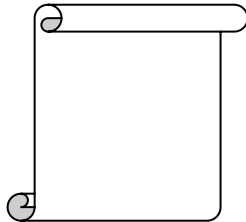
- walking
- jogging
- dancing
- swimming
- \_\_\_\_\_

Things I feel confident about:

- Listening to music
- Playing a game with my children
- Talking to my spouse
- Calling a friend
- Going to school or a class
- Making things
- Visiting family

Journaling:

What could I write about?



Changing my views:

How I react to something new:

How I react to changes:

How I feel about myself: