

Support network

Name the person or people in your life who fulfilled each of the needs listed below before your separation and then after your separation.

	Before separation	Now
Someone I can rely on in a crisis.		
Someone I can talk to if I am worried.		
Someone who makes me feel good about myself.		
Someone who will tell me how well or how badly I am doing.		
Someone who makes me stop and think about what I am doing.		
Someone who introduces me to new ideas, new interests or new people.		

