

Quiz: What is your sense of your social support?

Read each statement carefully and circle the number that best describes what is generally true for you today.

	Not at all true	Usually not true	Usually true	Completely true	Score
1. I participate in volunteer/service projects.	0	1	2	3	
2. I have meaningful conversations with my parents and/or siblings.	0	1	2	3	
3. I have a mentor(s) in my life I can go to for support/advice.	0	1	2	3	
*4. I seldom invite others to join me in my social and/or recreational activities.	0	1	2	3	
5. There is at least one person I feel a strong emotional tie with.	0	1	2	3	
*6. There is no one I can trust to help solve my problems.	0	1	2	3	
7. I take time to visit with my neighbors.	0	1	2	3	
8. If a crisis arose in my life, I would have the support I need from family and/or friends.	0	1	2	3	
9. I belong to a club (e.g., sports, hobbies, support group, special interests).	0	1	2	3	
10. I have friends from work that I see socially (e.g. movie dinner, sports, etc.).	0	1	2	3	
11. I have friendships that are mutually fulfilling.	0	1	2	3	
*12. There is no one I can talk to when making important decisions in my life.	0	1	2	3	
13. I make an effort to keep in touch with friends.	0	1	2	3	
14. My friends and family feel comfortable asking me for help.	0	1	2	3	
*15. I find it difficult to make new friends.	0	1	2	3	
16. I look for opportunities to help and support others.	0	1	2	3	
17. I have a close friend(s) whom I feel comfortable sharing deeply about myself.	0	1	2	3	
*18. I seldom get invited to do things with others.	0	1	2	3	
19. I feel well supported by my friends and/or family.	0	1	2	3	
*20. I wish I had more people in my life that enjoy the same interests and activities as I do.	0	1	2	3	
*21. There is no one that shares my beliefs and attitudes.	0	1	2	3	
TOTAL					

Source: Dolbier, C. L., & Steinhardt, M. A. (2010). The development and validation of the sense of support scale. *Behavioral Medicine, 25*:4.

Enhancing Your Network of Support During Deployment Worksheet

- I. **What did you identify as possible needs, gaps, or areas of improvement from the assessment that you think are worth considering to enhance your social support?**

- II. **What are some positive and/or negative changes and/or challenges as a result of the current deployment on you or your family?**

Positive Changes & Challenges in self and others:

Negative Changes & Challenges in self and others:

- III. **What organizations, groups, written materials, and other resources have you made connections through or might consider adding?**

IV. Network of Support Action Plan

Changes or Challenges	Kind of Support Needed	How can support ease this change or challenge?	Possible Solution/Action

What support can I offer to help others?