

## Assessing and Strengthening My Personal Support Network

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at: [www.yellowribbon.mil/cms/event-handout](http://www.yellowribbon.mil/cms/event-handout)

Names of Supports →		John	Team RWB						
1	I live with this support.	✓	n/a						
2	I live within an hour of this support.	✓	✓						
3	I spend ____ hour(s) per week with/talking to this support.	20	1						
4	I am satisfied with the support I receive from this support.	Somewhat	Very						
5	My primary way of communicating with this support is ____.	In person	In person / Online						
<b>This support makes me feel:</b>									
6	Understood		✓						
7	Heard		✓						
8	Informed								
9	Useful								
10	Loved or appreciated	✓	✓						
11	Like I am able to talk about my deepest problems		✓						
12	Like I have a definite role or place in the relationship								
13	Like I am able to be myself		✓						

Supports	Ways I can strengthen this relationship
John	Weekly movie night
Team RWB	Attend bi-weekly gatherings; volunteer to organize an activity