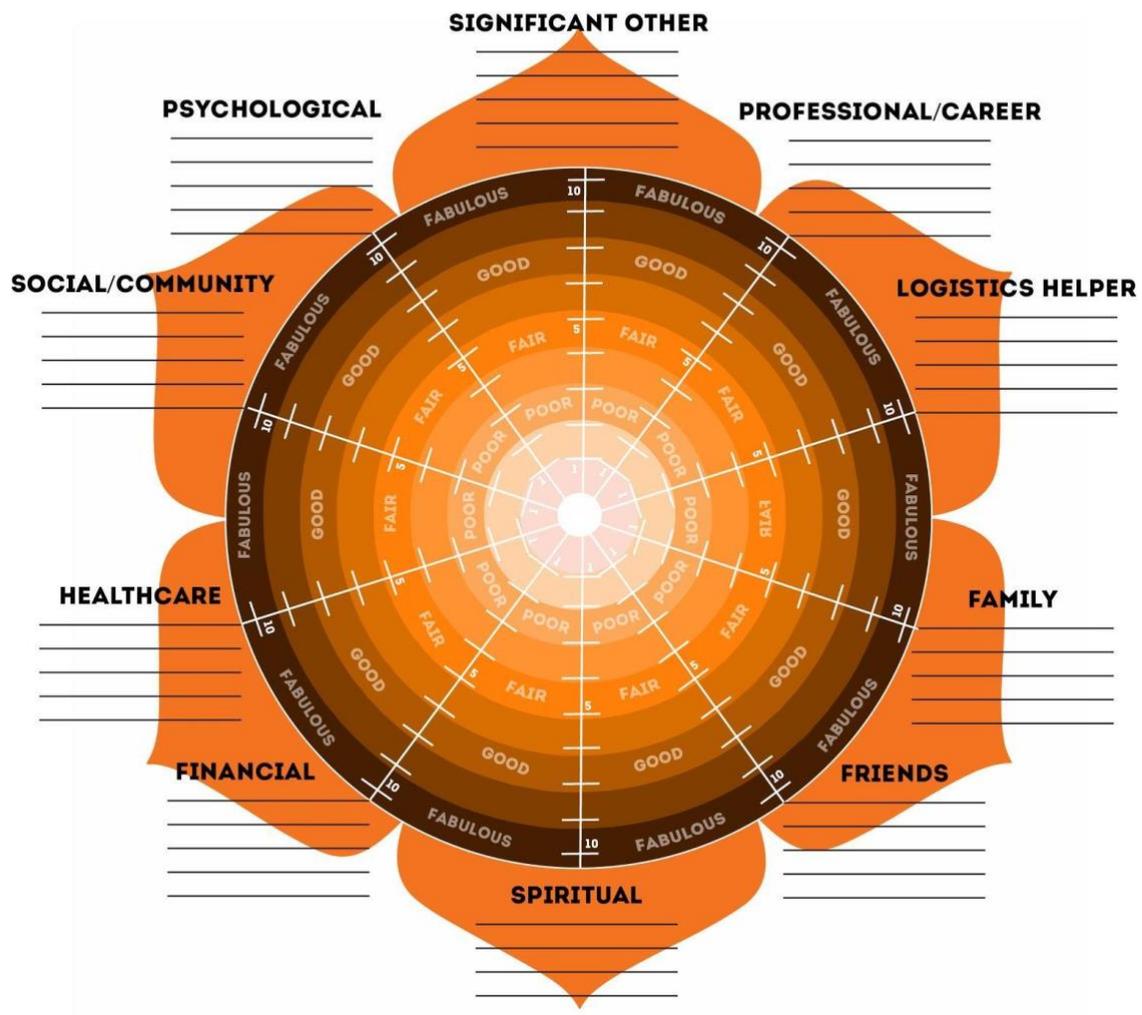


Support Wheel Exercise

Directions: This Support Wheel Exercise will assess your support network. Each spoke of the wheel represents a different category or aspect of your support network. On the lines under each category, write down the names of the people who provide you with this type of support.

On each spoke of the support wheel, there are “tick” marks. They go from one to ten. Ratings of 1-3 indicate your support in this area is POOR, 4-6 indicates it is FAIR, 7-8 indicates it is GOOD and 9-10 means it is FABULOUS. When you rate a spoke at one, that means this area of support needs some love and significant improvement; and a ten means it needs NO improvement. After placing your tick marks on each, connect the tick marks to create a circle. This will provide a visual of any “dents” in your wheel or areas of needed support.

1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



The following categories are the spokes on the wheel:

Significant Other(s): The following are aspects of a relationship with a significant other which can be considered when rating satisfaction with this area of support in your life: accountability, affection, forgiveness, honesty, love, physical attraction, respect, romance, sense of humor, sexy, trustworthy, or other. If you don't have or desire a significant other, you can skip this spoke or you might consider listing people who you date or with whom you are romantically involved.

Professional/Career: This part of your support network might include your accountant, advisors, career counselor or coach, consultant, lawyer, mentors, peers, colleagues from a professional association membership, supervisor, teacher or other.

Logistical Helpers: These are people who help you with tasks related to daily living. Perhaps they include your roommate, partner, your kids, neighbors or babysitting co-op. Or maybe they are people you hire, such as an assistant, childcare provider, dog walker, esthetician, hair stylist, housekeeper, lawn service or other.

Family: Parents, siblings, children, chosen family, extended family, partner's family, pets, or other.

Friends: These are descriptions of various types of friends—it is important to have different types of support: Accountability partner, confidante, work friend, someone who shares same interests, workout buddy, etc. Consider people that are empathic, adventurous, brutally honest, fun, loyal and encouraging.

Financial: Accountant, asset manager, debt consolidation service, estate planning attorney, financial planner or other.

Spiritual: Higher power, mindfulness/meditation coach, priest/rabbi/pastor/spiritual advisor, psychic/medium, yoga teacher or other.

Healthcare: Acupuncturist, chiropractor, dentist, eye doctor, healer, massage therapist, naturopath, nutritionist, personal trainer, physical therapist, primary doctor, specialty doctor or other.

Social/Community: Book club, church/synagogue/mosque or other place of worship, community events, concerts, gatherings with friends, gym, meditation group, membership in organizations, neighborhood engagement, prayer group, twelve12-step groups, yoga studio and other.

Emotional/Psychological/Mental Health: Counselor/therapist/psychologist for self, partnership, and/or family, life coach, psychiatrist, support groups or other.

After reviewing your circle, notice how large it is. Does it maximize the size of the wheel with most areas of support at a 9 or a 10? Or is it a smaller wheel? The goal is to have a

large, and well-balanced, and round wheel of support. Tally up the total of your scores on all the spokes and divide by 10 to find your average score. Does it fall in the POOR (1-3), FAIR (4-6), GOOD (7-8) or FABULOUS (9-10) range? If your average is less than 7, you are overall in need of more support! Develop an action plans for resuming relationships that have become disconnected and for seeking new relationships to fill any weak links in your support network.

Because support is reciprocal, you might consider completing this wheel a second time when thinking about the support you GIVE to others. This might provide insight into how you are able to support the people in your life.

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