



CHAPTER 8: SUPPORT



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Therapy Session Number 8

Hello again! Today we are going to help you welcome more support in your life. Answer the following questions:

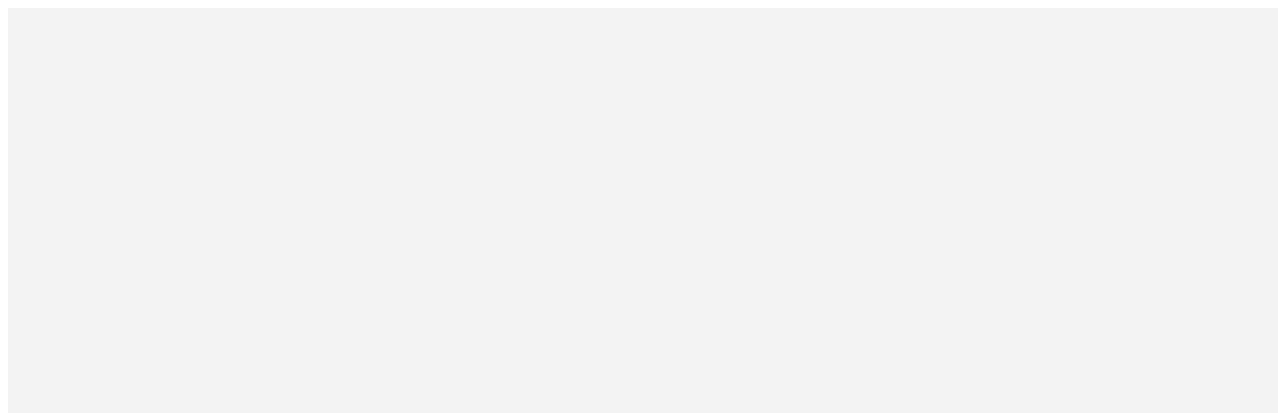
Name two major challenges you have had in your life. Who helped you get through these challenges and how did they help?

What four people have been most instrumental in supporting you in achieving your personal and professional vision? How did their input change your life's trajectory?

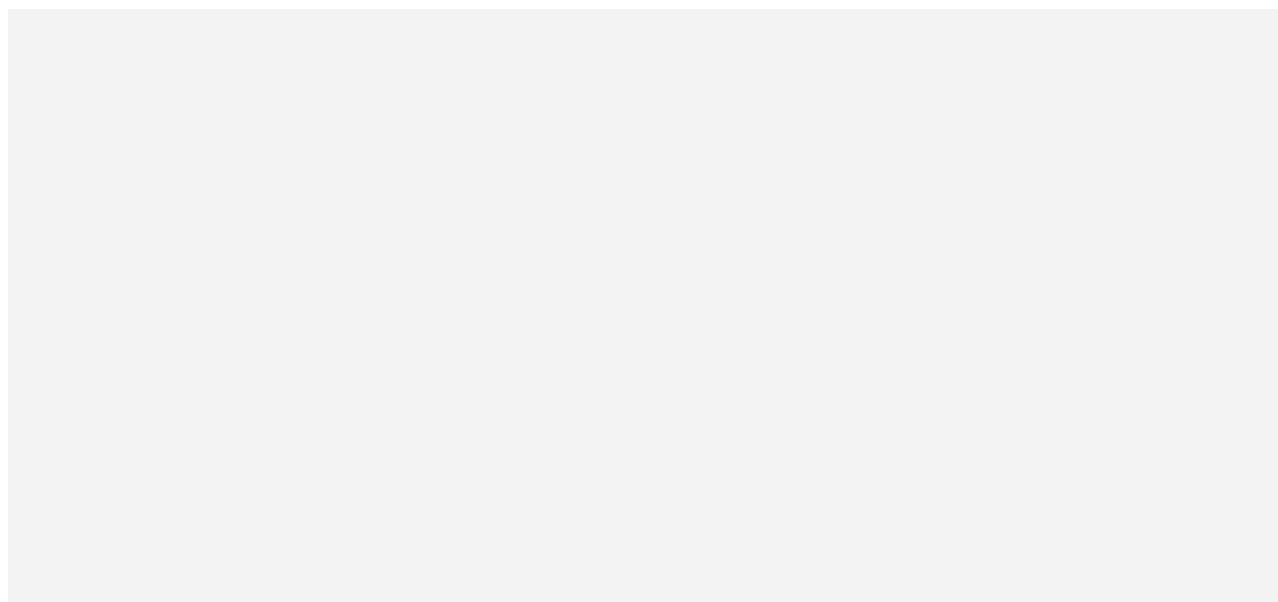
Do you have a mentor who helps guide your career? How have they helped you achieve success?

20 MINUTES

Where in your life could you use some additional support?



Think back to your life vision from the previous chapter. If you could add anyone to your support team, who would it be and how would they help you achieve your vision?





Replenish Yourself

Answer the following questions:

If your support network was a bank account, would you have a positive balance or be overdrawn? Why is this?

Do you routinely give more than you receive? If so, how can you better replenish yourself by receiving support?

What would your life look like if you had a healthy balance of giving and receiving support? How can you make this happen?

15 MINUTES; LIFETIME PRACTICE



Remove Barriers to Receiving Support

Answer the following questions:

Which three to five barriers do you feel are your biggest obstacles to receiving support?

In what ways do these barriers negatively impact your life?

What are three ways to transcend these barriers this week?

Wonderful! In the next week, ask for support three times when you normally would not. Write about how it felt. It's okay if some of the feelings were uncomfortable, as seeking support is a skill that takes practice and needs to be developed.

25 MINUTES; LIFETIME PRACTICE



The Support Network Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

Physical Health: Those who help you take care of your physical health include your primary doctor, specialty doctors, holistic health providers, dentist, eye doctor, healer, massage therapist, nutritionist, personal trainer, physical therapist, and workout buddy. When it comes to having the right support system to take care of your physical health, how would you rate yourself?

Mental Health: Those who help promote your mental health include your therapist and psychiatrist, your significant other, family, life coach, support groups, and 12-step sponsor. When it comes to your mental health, how is your support system looking?

Emotional: Those who provide you with emotional support might include your partner, family, and friends. How would you rate yourself when it comes to having the right emotional support?

Career: People who provide professional support include your career counselor or coach, consultant, mentor, peers in professional associations, and your supervisor. If you are a student, this support team would include academic advisors, teachers, and supportive classmates. If you are a stay-at-home parent, this would include people who support you in your parenting community. How would you rate yourself when it comes to having a support system for your career?

Financial: People who help keep you on track financially can include your accountant, asset manager, a debt consolidation service, support group, estate planning attorney, accountability partner, or financial planner. You might also list organizations or people who help you out financially through loans, grants, loan forgiveness, or other financial assistance. How supported do you feel when it comes to your financial life?

Family Connection: This includes your parents, siblings, children, chosen family, extended family, your partner's family, and your pets. How would you rate your family support system?

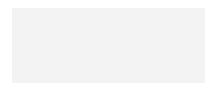
Friendship: For this section, think of meaningful friends who serve as trusted confidants and provide comradery, companionship, loyalty, care, and fun. When it comes to supportive friends, how would you rate your network?

Partnership: If you have a significant other, list them here. If you are dating or romantically involved with more than one person, you can list them all here. If you don't have a significant other and don't want one, rate yourself a 10 instead of answering the question. If you are in a partnership, how would you rate the support you receive?

Social/Community: These are groups or events that provide social support and could include your place of worship, community events, concerts, gatherings with friends, gym, meditation groups, membership in organizations, your neighborhood, prayer group, 12-step group, yoga studio, parenting group, or online support system. How well are you utilizing the support that you could receive from your community?

Hobbies: This section is for the people who support you in doing your hobbies, including your band members, a tennis partner, an intramural sports team, a running group, an art studio, or a gaming group. How well are you doing when it comes to receiving support from people who participate in your favorite hobbies?

Logistics Helpers: By logistics helpers, I mean people or services that help you with the tasks related to daily living. For example, your roommate, partner, kids, neighbors, or babysitting co-op. Include people or services you hire, such as a childcare provider, dog walker, housekeeper, lawn service, grocery delivery, meal prep service, and so forth. How would you rate yourself when it comes to asking for support with specific daily tasks?



Spiritual: List those who provide you with spiritual support including God or your Higher Power, your priest/rabbi/pastor/spiritual advisor, meditation coach, psychic/medium, yogi, energy healer, shaman, soul coach, or other. When it comes to your spirituality, how would you rate yourself when it comes to asking for support?

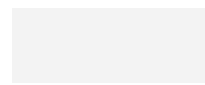
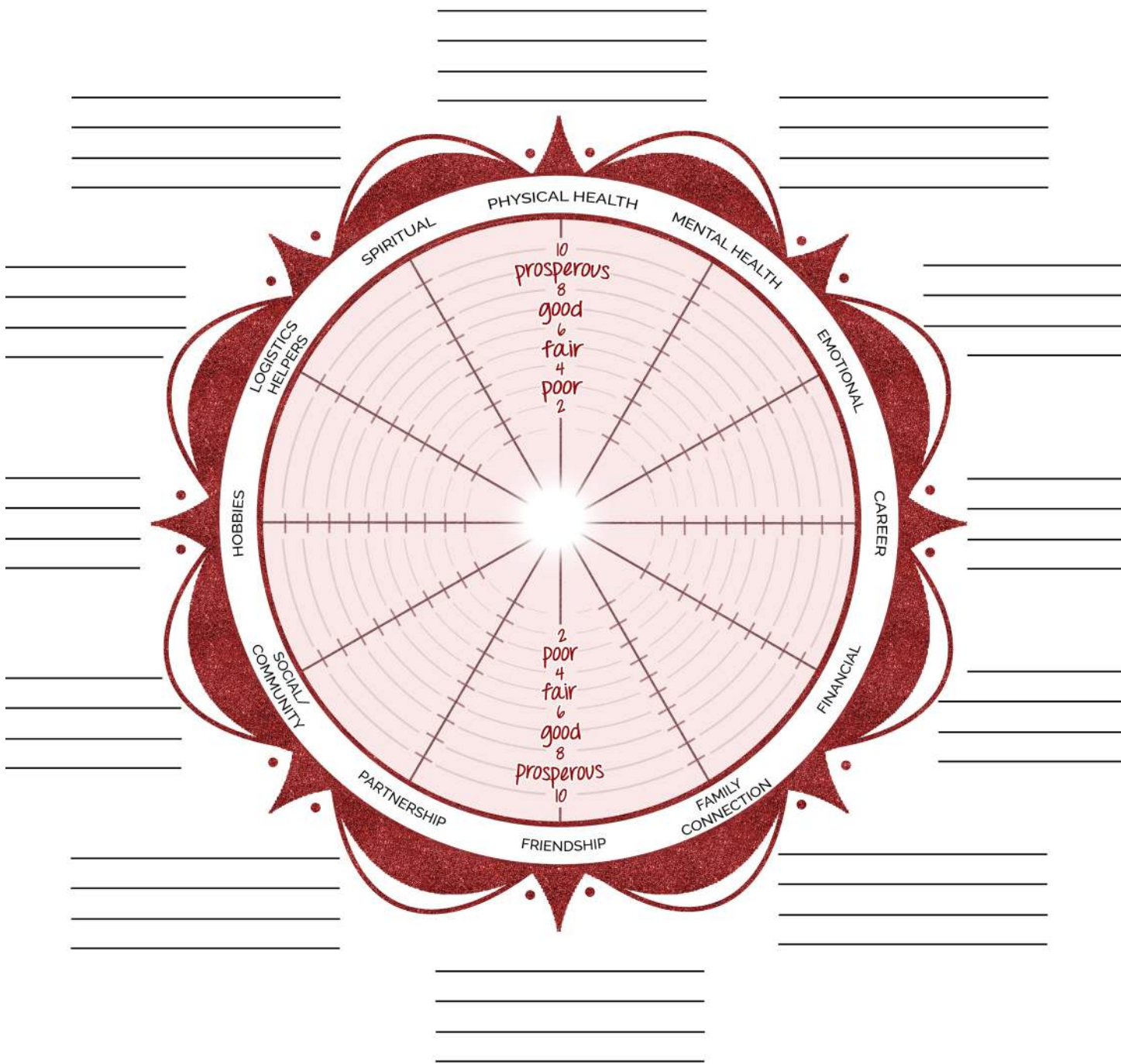
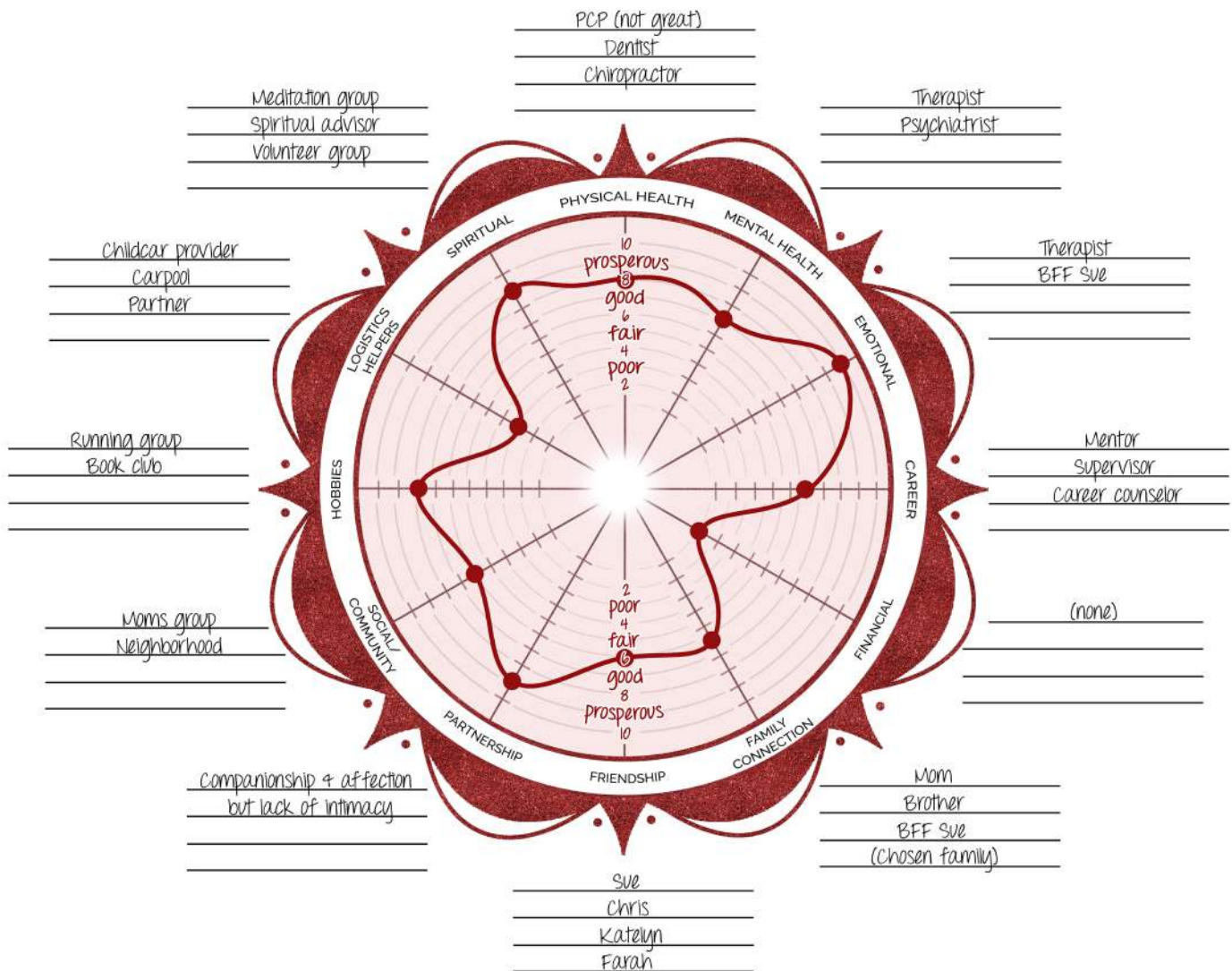


Chart your numbered responses and then connect the dots. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to having a support network to boost your Physical Health? Put a dot on the spoke next to the number that corresponds with your answer. Continue going around the wheel, and after scoring yourself on every spoke, connect the dots to create a circle.



The Support Network Wheel

Now, at the end of each spoke, list the names or titles of people or organizations that provide you with this type of support. It's okay to list the same person, title, or organization in more than one spoke.



The Support Network Wheel Example

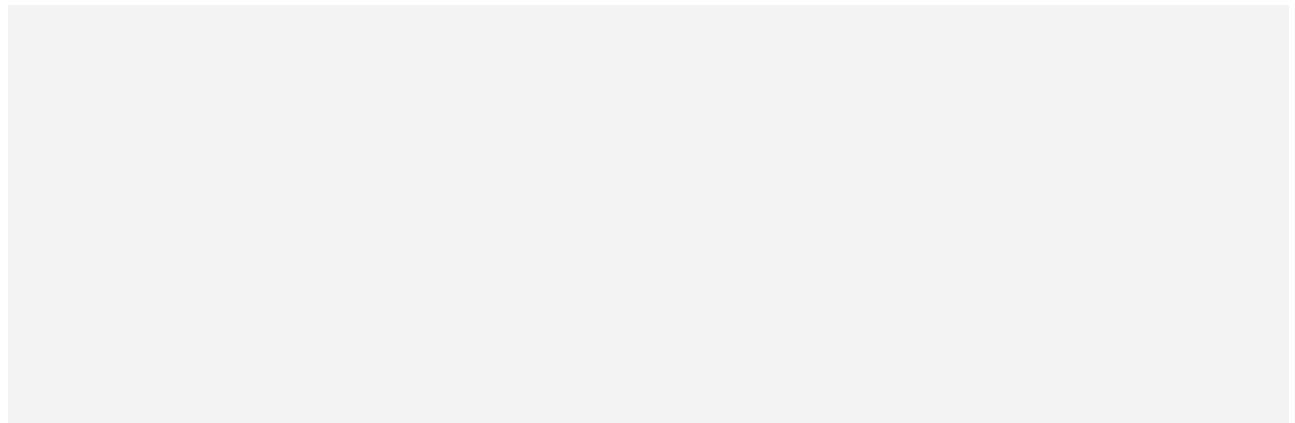
In this support wheel example, notice the two deepest dents in the wheel in the areas of Financial and Logistics Helpers. Also, notice how few people have been identified to help with these areas.

The Support Network Wheel

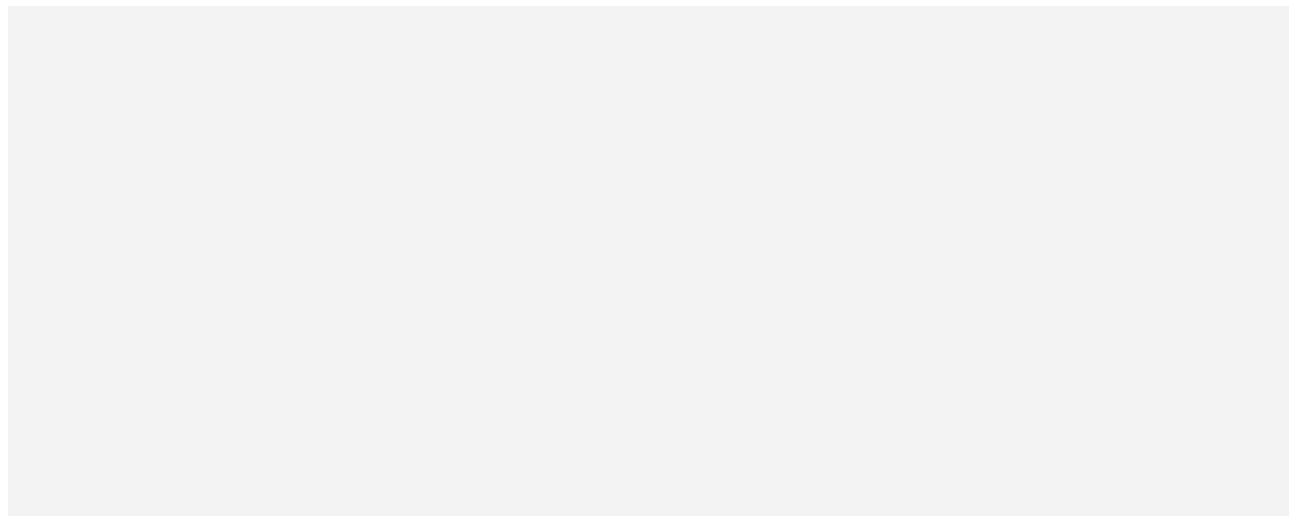
Answer the following questions:

Have you listed anyone in more than one area of support?

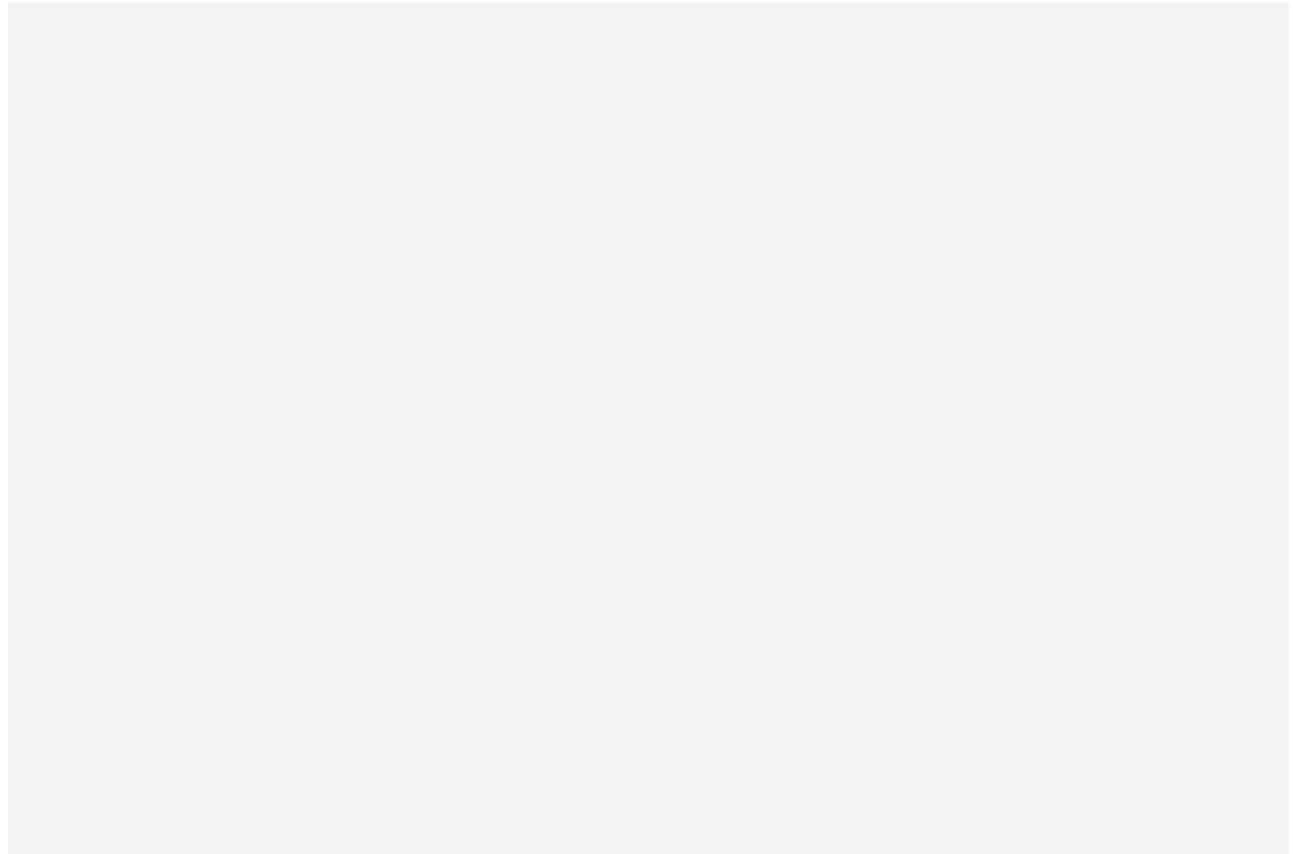
This can be wonderful, but make sure you don't rely too heavily on one person. A client listed her husband in almost every area and didn't have too many other people in her close network. This exercise helped her realize that not having more friends or supporters was putting a strain on her relationship with her spouse.



As you look at the dents in your wheel, are there sections where you have little or no support? Another client only had support in the career area, which helped to explain her workaholism.



What three actions can you take to find more support in the areas where you are lacking (the biggest dents)?



Revisit this exercise quarterly to continue assessing your support network. Because support is reciprocal, consider completing this wheel a second time and focusing on the support you give others. This may provide insight into why your balance of give and take might not be optimal just yet.



The Support Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor Fair Good Prosperous

1 2 3 4 5 6 7 8 9 10

Plant Seeds: By planting seeds, I mean developing new connections through social activities, community events, professional networking, social media and online outreach, and marketing efforts such as e-blasts, newsletters, or mailings. When it comes to making new connections, how would you rate yourself?

Nurture Relationships: How would you rate yourself when it comes to regularly letting people know they are special to you?

End Toxic Relationships: By ending and “weeding out” toxic relationships you can empower yourself to set healthy boundaries in relationships you can’t choose (like your sister or your boss) and terminate relationships that are truly unhealthy for you. How would you rate yourself when it comes to weeding out toxic relationships?

Ask for Help: How good are you at routinely asking for help with tasks as needed and as appropriate?

Seek Counsel: When it comes to regularly seeking advice, consultation, or wise counsel from people who are more knowledgeable or experienced in certain areas, how would you rate yourself?

Seek Care: How good are you at asking for support when it comes to your mental and physical health, including asking for affection?

Balance Giving & Receiving: How good are you at making sure you are striking a healthy balance between being supported and offering support to others?

Mentoring: This includes receiving support from others who have achieved what you would like to achieve, and remembering to mentor others when appropriate. How good are you at asking for support from those you admire and then, on the flip side, giving that support to others?

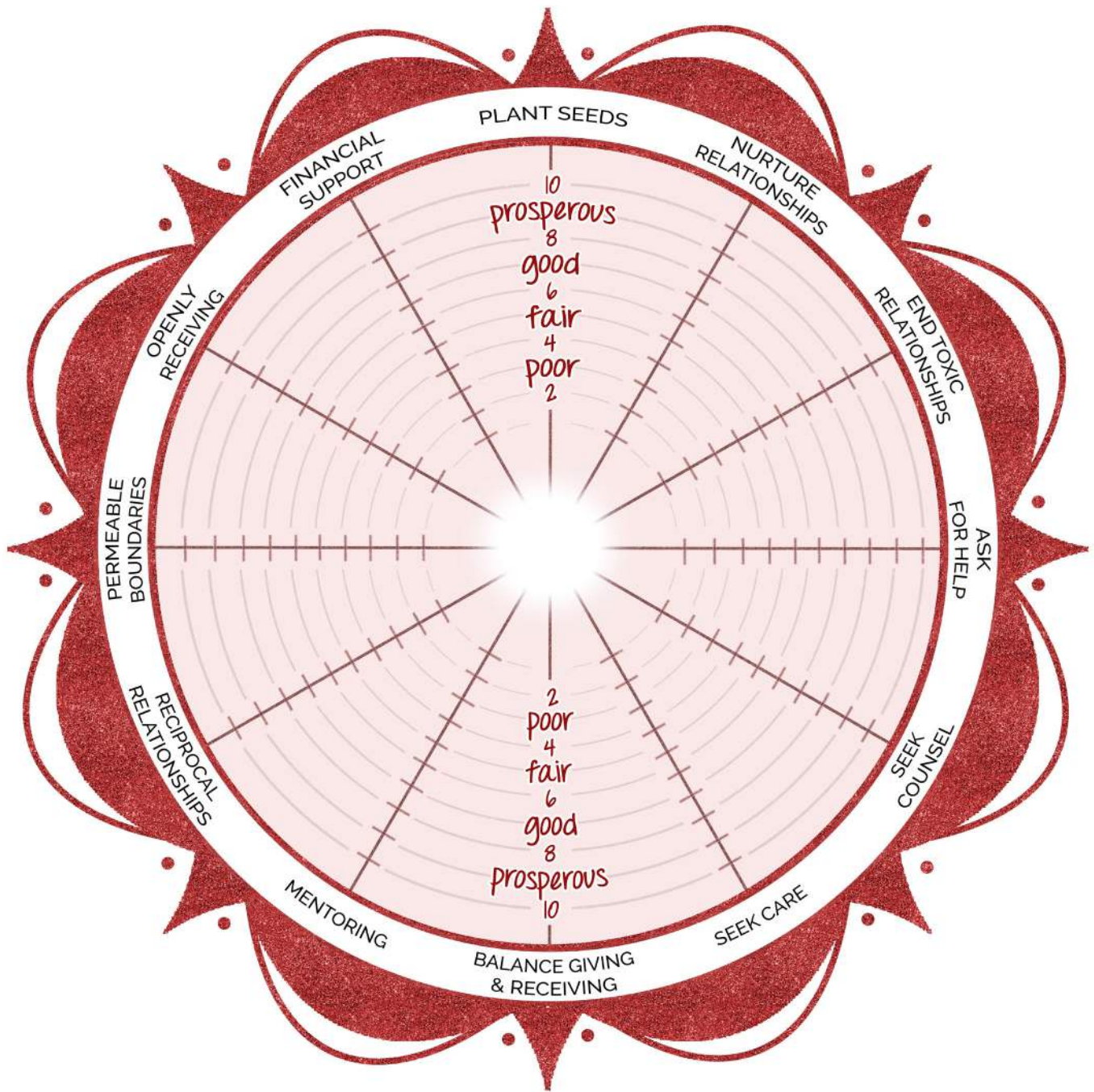
Reciprocal Relationships: Reciprocating means striking a healthy balance of independence and dependence in your relationships so that you can experience the benefits of interdependence, including mutuality. How would you rate yourself at forming reciprocal relationships?

Permeable Boundaries: How would you rate yourself in ensuring that your emotional and relational boundaries are not too rigid or too loose so you can foster intimacy and connection?

Openly Receiving: When you are feeling the barriers of fear, shame, guilt, or pride, how open are you to receiving support?

Financial Support: This includes seeking help from a financial advisor or business consultant and applying for grants, loans, scholarships, loan forgiveness, and financial assistance programs that would support you. How well are you doing with asking and receiving financial support?

Chart your responses on The Support Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to being able to Plant Seeds for new relationships? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



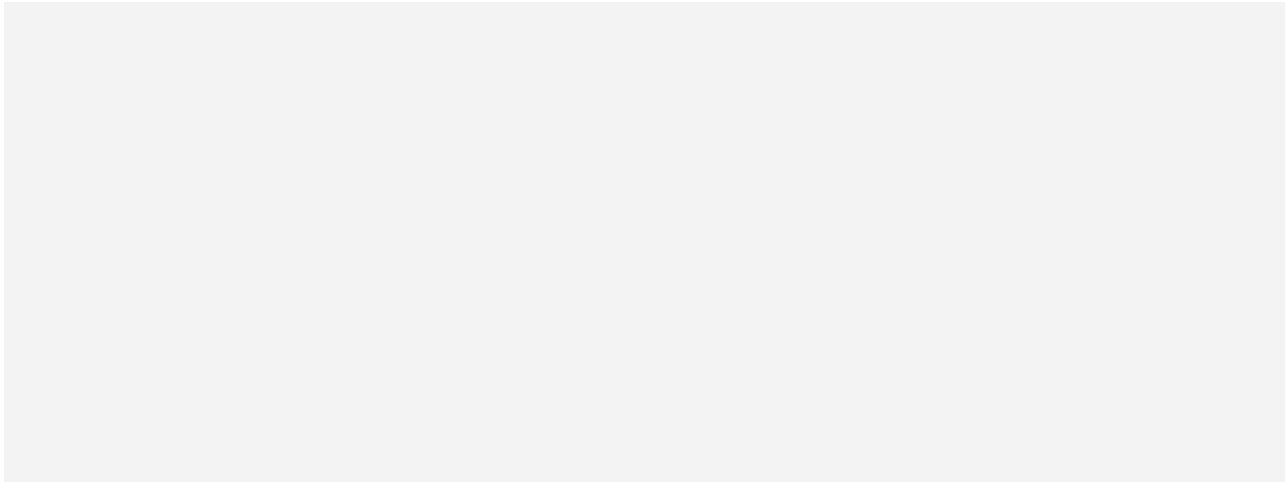
The Support Wheel

The Support Wheel

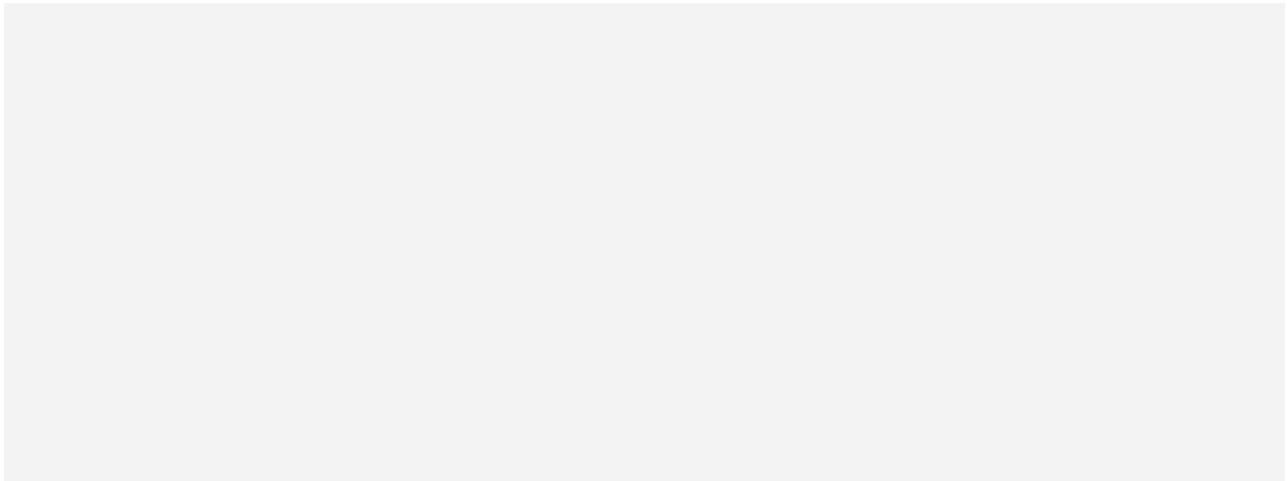
Don't worry if you scored poorly on this mindset. Asking for help is often one of the hardest things to do. Keep working on this mindset to see improvements.

Now, answer the following questions:

As you look at the biggest dents in your wheel, do you know why you scored lowest in these areas?



What three action steps can you take to improve in each area?



Date your wheel and file it for later reference. Consider revisiting this exercise monthly or quarterly to continue to create more support in your life. You are on your way to a more supported life. Bravo!