

Building a Support Team

Individuals can change their lives significantly. Change is often facilitated when a person has the support of other, like-minded people. Building a support team will help you stay on track in your personal and relationship goals.

Part I: Find Your Team

Think about the people – friends, family members and co-workers – who you feel good being around. Are these people supportive of the changes you want to make? Do they support you in your personal goals?

List their names and describe their qualities.

Think about those people who you don't feel so good being around, for example, a friend who offers you unwanted advice.

List their names.

Think about the toxic traits and behaviors that these people may possess.

List these qualities.

Part 2: Take action!

Action 1: Make a plan to spend more time with those people who make you feel good. Think of activities you might share with these people. Think of steps you could take towards this goal.

Action 2: Describe the steps that you plan to take to recruit a friend (supportive person) to talk with from time to time on a one-to-one basis.

