

Gathering and using positive social support

Who are the people that help you to feel positive and happy when you are with them?

Try to list 4-7 people whose company helps you to feel happy and positive:

1.

2.

3.

4.

5.

6.

7.

Now, beside each name, write down the estimated time you spend being or talking with them each week (e.g., 1 hour, 5 hours, 10 minutes).

Next, put a star by at least 2 or 3 people whom you'd like to increase time with.

And then, beneath their name, write down at least 1 positive, fun, meaningful or joyful activity that you could plan to ask that person do with you within the next week (e.g., go for a walk, talk on the phone, have coffee, watch a movie, Zoom)

Finally, make a plan to contact within the week at least 1 or 2 people and ask them for a time or activity together.