



## The Social Support Assessment Worksheet

### Assessing Yourself

Friendships are important for stress management as well as overall happiness. Having someone to talk to when you're stressed, finding input on problems, and enjoying life with people you care about are all important. This worksheet is designed to help you take stock of your social life and make plans to strengthen your network of friendships. Below, make a list of the friends you have in your circle, and a quick note of the type of relationship you share:

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### Look At Your Patterns

If you don't have as many people in your circle as you'd like, or if your relationships aren't as close or supportive as you'd wish, ask yourself the following questions:

- How would I like to change my social situation?
- What are the reasons that my social situation isn't what I'd ideally like it to be?
- What changes can I make to get more social support in my life?

### Make Plans

Here, I'd like you to list a few lifestyle changes you can make to work friendships into your life more, and strengthen the relationships you have. (For example, 'become a better listener', or 'go out socially more often'.) Then, follow through on your plans. If necessary, pick one new priority a week until you have them all incorporated into your life:

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