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STAGE 2 — CHAPTER 9

Building natural supports in your community • Worksheet 1

Map your natural supports

Use this worksheet to build a map of the natural supports you currently have, the role they play in your life and identify any areas where you would like to build new relationships.

STEP 1

Think about the people you connect with in your community.

On the following page, write down their names in the relevant section of the diagram **A**. For this exercise it is important to focus on the people who **are not** currently on your support team. They may or may not be people you see often. Consider:

- » Who do you look forward to seeing?
- » Who shows a genuine interest in your life?

These names represent your natural supports.

Note: The four sections in the diagram are a guide; you don't need to have people in each section if that is not reflective of your life or situation.

STEP 2

Review the names you have written down and circle the people who you would like to build a stronger relationship with.

STEP 3

For each of the names you identified in Step 2, write the steps you can take to build on this relationship (using the table on page 3 of this worksheet **B**).

A

Family / Friends /
Inside your home

Local
Community

Hobbies /Recreation

Work / Education
Volunteering

B

<i>People you want to build a stronger relationship with</i> (the circled names from Step 2)	<i>The steps you can take to build on this relationship</i>

Once you have completed this worksheet, keep it on hand. You will use it when you get to Stage 2, Chapter 10: **Getting ready for action.**

