

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.



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.

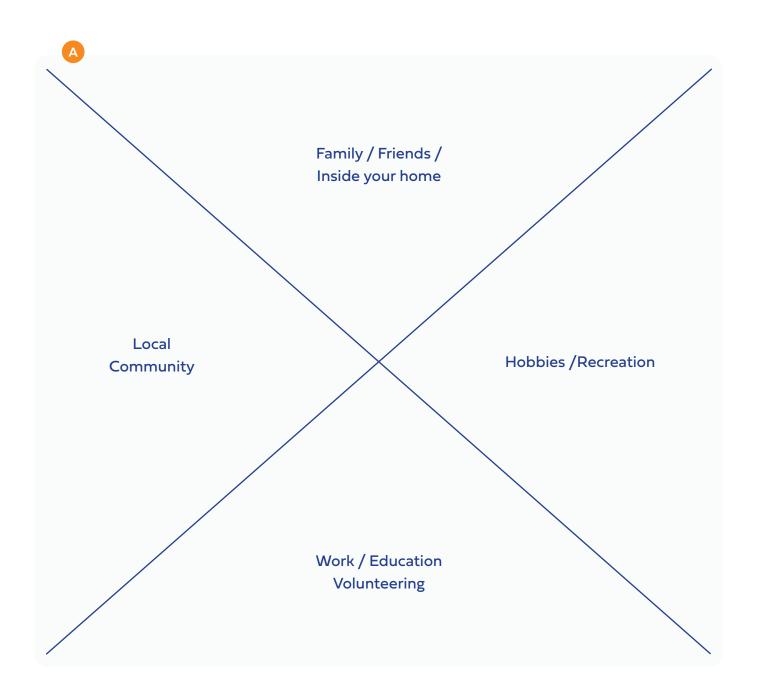
Note: The four sections in the diagram are a guide; you don't need to have people in each section if that is not reflective of your life or situation.



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



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 **3**).



3	
People you want to build a stronger relationship with	The steps you can take to build on this relationship
(the circled names from Step 2)	

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.**

Sometimes working through these stages helps identify things you didn't think of before.

If completing this task helps you see something is missing from your previous worksheets, go back and update them now.