

Chapter 15

Building a support network

Goal

- To understand the types of support others can offer
- To begin making a plan for increasing support

Information

Recovery is hard work and it is important to have people around you who can help you along the way. Using drugs and alcohol may have caused problems in your relationships and you may feel that you are not getting much help from other people right now. You may have the most contact with people who are still using or who are not very supportive. It's a good idea to think about where you can get the help you need.

Professionals, such as support workers, doctors and counsellors can be supportive, but their time is usually limited. That's why it is important to think about getting support from different places.



What kinds of social support should you look for?

Emotional

someone who will listen to you and who you can talk to about feelings

Moral

someone who will encourage you

Practical

someone you can ask for help with everyday tasks such as transportation

Mentorship

someone you can look to for guidance and instruction

Recreational

someone you can have fun with

Self-assessment

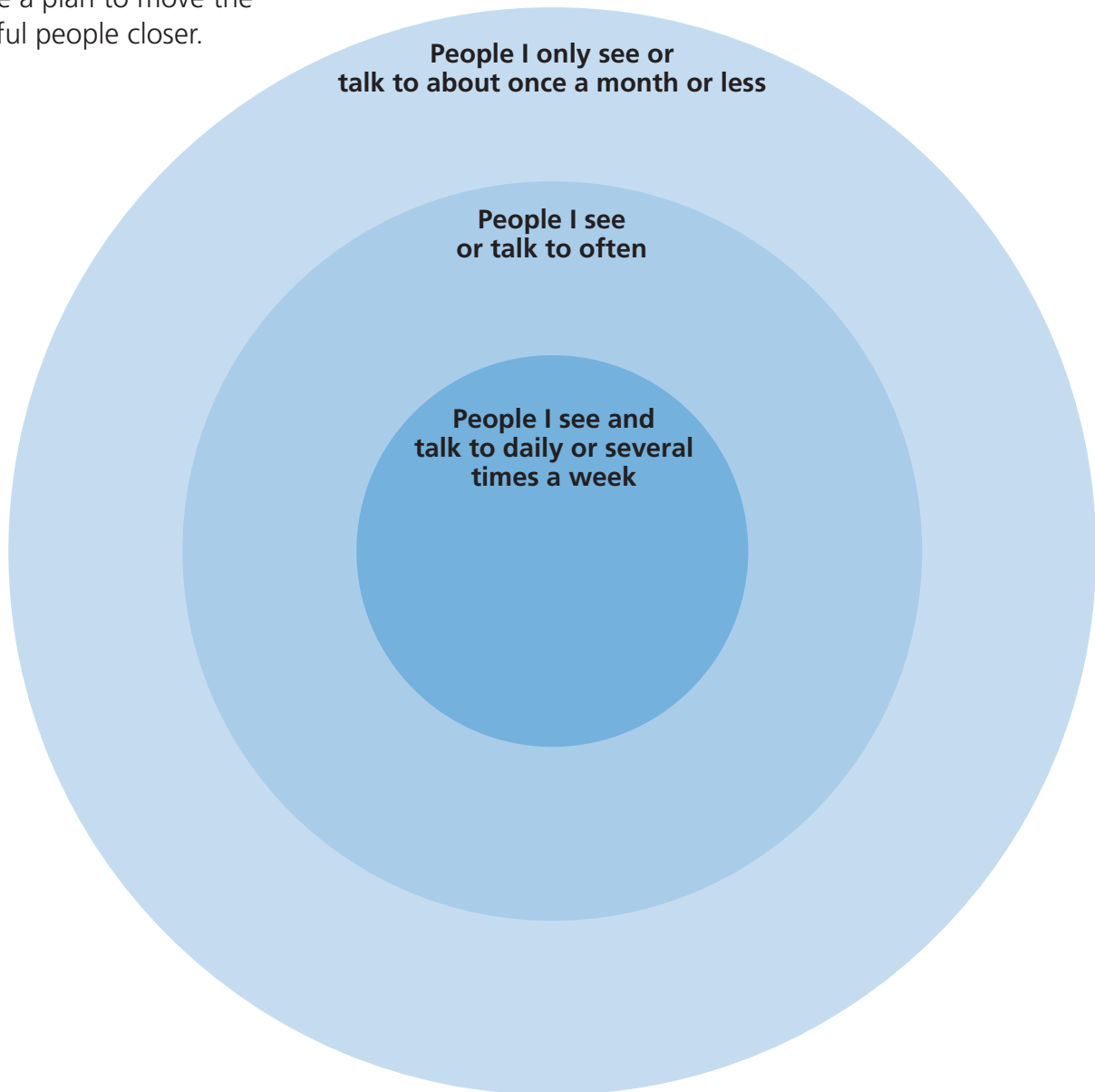
Who is in your life right now?

By completing this exercise you will be able to get a good idea of how everyone you know fits into your life. By identifying and labelling everyone, you will be able to see more clearly who might best help you in your recovery.

Put the names of people on the chart according to how often you see them. Circle the names of people who are now or could be supportive.

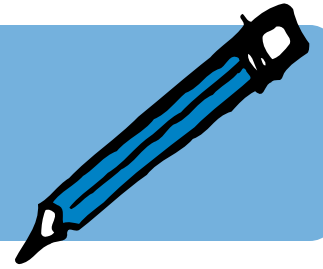
Put an X by the names of people who are not supportive or who might be harmful in some way. Try to move the unhelpful people away from the centre.

Make a plan to move the helpful people closer.



Worksheet, Chapter 15

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Now fill in the following chart. Refer to the list above to help you think of your unmet support needs. For example, if you'd like to start playing baseball again and have no one to take you, write that down. Then think of someone who could take you there and perhaps even play and then plan how you will contact that person. Look at the circle on the previous page (page 88) to get ideas of who you could contact and who you should not contact.

What do I need support with?

Who can I ask?

What is my plan?
