

Shapes of Support

Like Job we all need friends and family members to whom we can turn in our times of pain and sorrow. Fortunately our support comes in all shapes and sizes! Use these fill-in-the-blank statements to think about the people to whom you turn in times of need. If you can think of more than one person to put in the blank, write them both down! Remember all the people in your support system: parents, friends, teachers, siblings, trusted adults, doctors, other family members, and so on. Who else?

If I were in really serious trouble, I would call _____.

If I ever need advice, I can count on _____.

_____ is who I phone when I need help with school work.

When I need someone to cheer me up I know I can rely on _____.

_____ is the wisest person I know.

_____ is a very good listener.

I learn a lot about life from _____.

_____ IS SOMEONE WHO REALLY UNDERSTANDS ME.

I think _____ is someone who would be a good friend/mentor.

_____ makes me laugh.

The person who has the best shoulder to cry on is _____.

