



SUPPORT REPORT

This is a simple exercise focused on assessing your areas of support in the form of a simple report card. The focus of your grading should be on how helpful others are to you and your efforts to change for the better

What is Support?

Support: Noun: A person or thing that gives aid or assistance

Verb, to support:

- To hold up or add strength to
- To carry the weight of
- To keep from weakening or failing; strengthen.
- To provide for or maintain, by supplying with money or necessities.

Support Report Card – Grading Guidelines:

- A. *Very Supportive:*** Almost always available and ready to listen. Understands and cares, plus sets a positive example for you as the kind of person that you strive to be
- B. *Supportive:*** Available. Cares and listens even if they don't always understand
- C. *Average:*** For one reason or another not ideal, but not bad either and at least they care
- D. *Below Average:*** A warm body to spend some time with or talk too that's better than nothing?

Think about your supports and fill out the grid below. First, remember not to limit yourself to just the people who seem obvious like your friends and family. Try to think of everyone who is there for you in any way:

<u>Name ("Mary") or Role ("Dad")</u>	<u>GRADE</u>	<u>Explain Your Reasoning: How/why is this person supportive or helpful?</u>



Discussion: Discuss your Support Report Card with others.

Process: Focus on putting this into practice. Develop a plan to maximize your existing support system

“Two are better than one,
because they have a good return for their labor:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up”
- Ecclesiastes 4:9,10

There is truth to the old cliché “you can’t do it alone”. Support is a critical factor for success when it comes to coping with substance use and mental health issues. Discuss the following support-related questions:

- **Who is one person on your list that you believe that you already are using to your advantage? Specifically how have you been using this person to your advantage?** (For example, “My Uncle has been sober himself for years and I talk to him or text him on every other day plus he has me over for dinner at least once a week)
- **Who is one person on your list that you could try to improve your level of contact with? How?** (Be specific)
- **A place can be supportive if there is a sense of belonging involved with going there. Do you have a supportive place you can go to when you need too?** (For example, the gym or an interesting, interactive college course. Even some places of work can be supportive)
- **This may sound strange at first but in an indirect way even a pet can be supportive especially if you plan positive routines with your pet. Could you use a pet for support?** (For example, I’m going to make a commitment to start walking my dog every day on the boardwalk to get myself out of the house)
- **Sometimes people who don’t get high or drink may initially seem less exciting when compared with the substance abusing lifestyle. Is there anyone in your life who could be more of a support for you that you may have been avoiding because they may seem to be too boring or unexciting?**
- **Do you have any other ideas that could help you increase the time you spend using your support system over the next few months? What is at least one or two practical ways you could increase your level of support?** (For example, hobbies, volunteer work, community support groups, taking an interest in new things like music or art, with others)