

# Support System

Seldom does one relationship meet all of our needs.

*Name one (or more) person in each category  
and write the need they fill for you.*

*Skip those that do not pertain to you.*



CATEGORY	NAME	NEED BEING FILLED
Parent		
Grandparent		
Sibling		
Adult Children		
Significant other		
Good Friends		
Neighbors		
Counselor		
Clergy		
Club/Group		
Co-worker/Boss		
Pet		