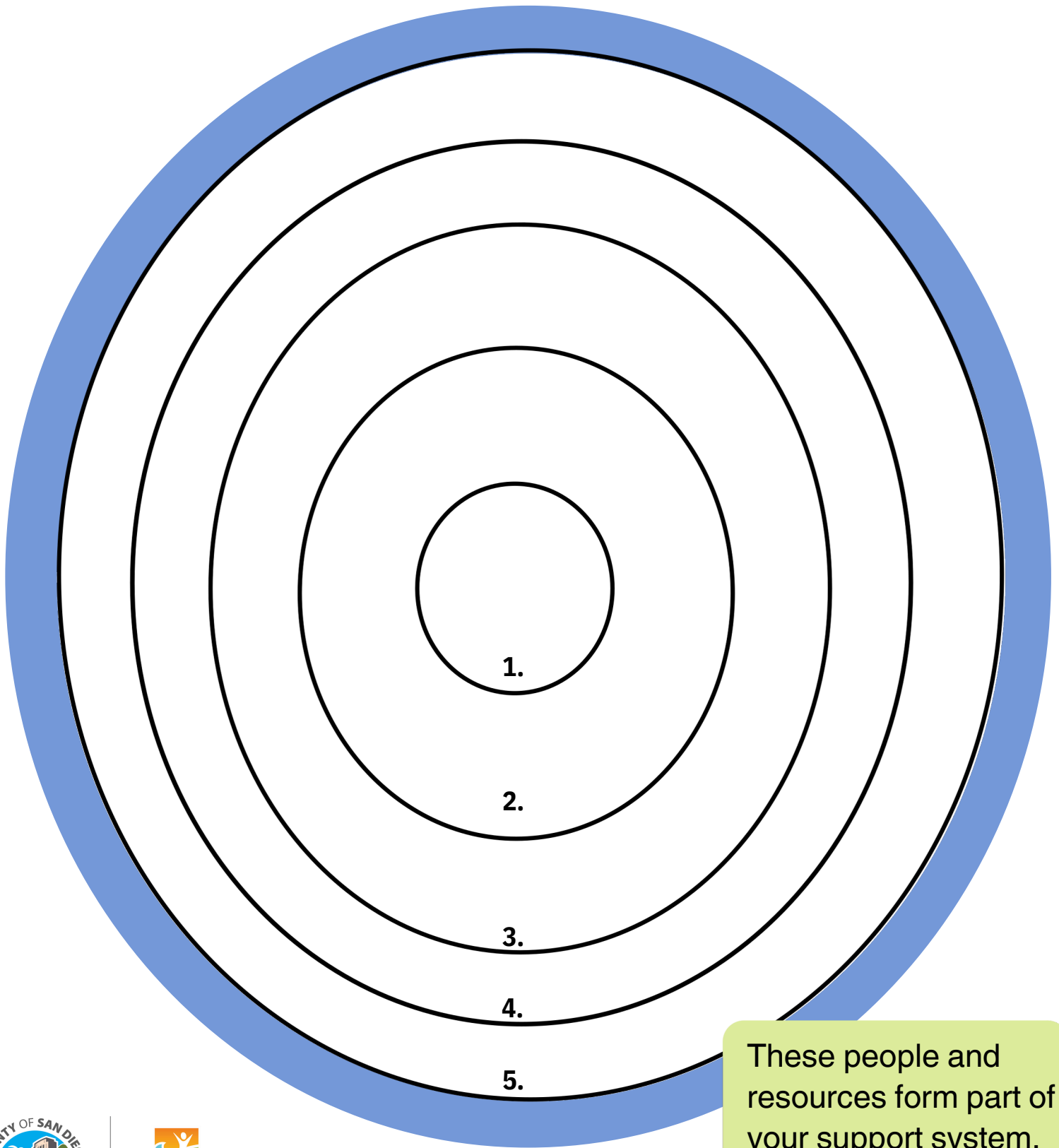


Map of my Support System

In this exercise you will create a visual “map” of your support system in your life. You will be in the center of the circles (1.) and write the names of other people or resources on the rings that increase in distance from the center (2-5).



These people and resources form part of your support system.

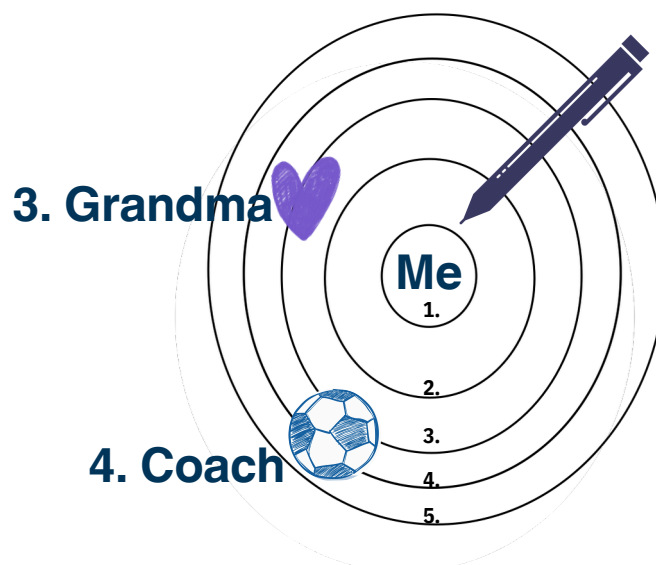
Map of my Support System

Considerations:

1. **Myself:** You are in the center of your personal system map.
2. **Close relationships:** Your nuclear family, best friends, people who feel like anchors.
3. **Friends and extended family:** Godparents, family, friends, peers.
4. **Community:** People you interact with in activities outside the home such as at church.
5. **Professional:** Teachers, professors, school counselors, therapists, coaches, doctors.

Suggestions:

- **Categorize the support:** You can use different colors or symbols to show what type of support each person provides you: emotional, practical, or informational.
- **Reflect about your relationships:** This map helps you see how connected you are and where you might want to strengthen your support network.
- **Use it as a tool:** This map can serve as a reminder of your resources and encourage you to reach out to them when you need help.
- *Overall, this map is a way to visualize and appreciate the people and resources that support you in your life.*



In this example, the person identified two people who are part of their support system.