



WELLNESS WORKSHEET 16

Social Support

Part I. Assessing Your Level of Social Support

To determine whether your social network measures up, check whether each of the following statements is true or false for you.

True False

- | | | |
|-------|-------|---|
| _____ | _____ | 1. If I needed an emergency loan of \$100, there is someone I could get it from. |
| _____ | _____ | 2. There is someone who takes pride in my accomplishments. |
| _____ | _____ | 3. I often meet or talk with family or friends. |
| _____ | _____ | 4. Most people I know think highly of me. |
| _____ | _____ | 5. If I needed an early morning ride to the airport, there's no one I would feel comfortable asking to take me. |
| _____ | _____ | 6. I feel there is no one with whom I can share my most private worries and fears. |
| _____ | _____ | 7. Most of my friends are more successful making changes in their lives than I am. |
| _____ | _____ | 8. I would have a hard time finding someone to go with me on a day trip to the beach or country. |

Scoring

Add up the number of true answers to questions 1–4 and the number of false answers to questions 5–8. If your score is 4 or more, you should have enough support to protect your health. If your score is 3 or less, refer to your textbook for suggestions on how to build up your social network.

Part II. Social Support Profile

Learn more about your network of social support by completing a social support profile. For each type of support listed below, check or list the people who most often provide that type of support for you. Put an asterisk in the box if that person reciprocates by coming to you for the same type of support.

TYPE OF SUPPORT	Emotional Someone you can trust with your most intimate thoughts and fears	Social Someone with whom you can hang out and share life experiences	Informational Someone you can ask for advice on major decisions	Practical Someone who will help you out in a pinch
Partner				
Relative				
Friend				
Neighbor				
Coworker or boss				
Therapist or clergy				

(over)

INTERNET ACTIVITY

The Internet can be a valuable resource for building up your social support network. Think about your hobbies and areas of interest. With the Internet, you can get in touch with organizations and people who share your interests. For example, from Yahoo!'s recreation and sports listings (<http://dir.yahoo.com/recreation/sports>), in-line skaters can learn about equipment and technique as well as local clubs and skating events. If you are interested in human rights, Amnesty International's home page (<http://www.amnesty.org>) can put you in touch with a local chapter of the organization. Whatever your interests, odds are that you can find applicable Web pages, bulletin boards, chat rooms, and other Internet resources.

Choose a topic, and use a search engine to locate online resources. Describe what you find: What sites are available? What sorts of information can you obtain? Are there opportunities for you to interact online with people who share your area of interest? Did you find any organizations or groups operating in your area?

Area of interest: _____

Resources located: