

Develop Support

Support is out there! Remember these simple steps to building an effective support system . . .

. . . know WHAT is supportive to you

Build your personal Support System (*see below*). What often happens is that we expect one person to be able to give us all the support we need. That is an impossible responsibility. Think of all the people in your life and start to enter names in the six categories. The more names you have, the stronger your support system is.

. . . GIVE support to others

When you're asked for support, give it freely. Your time will come and, even if it doesn't, your efforts create a more supportive culture. You'll also discover that you end up feeling better after having given support to another.

. . . ASK for support

Too often we don't ask for support; we hint for it. It's not fair to blame others for not being supportive if you have not clearly asked for it. You'll be amazed – and delighted – at how many people are happy to offer support when they get a specific request.



Also think through what types of things are supportive for you.



* You also need technical support/challenge in your personal life – connect with others who are dealing with similar family/life issues.