

My supporters

Use this resource to examine your current relationships and to consider whether these relationships are supportive, neutral or unsupportive of the changes you want to make.

Think about all of your significant relationships and then think about the level of support they might offer during the change you're planning to make. Once you've done this place each relationship in one of the three categories in the table below.

Ask yourself the following questions if you are unsure about the level of support certain people or groups could offer:

- Is what I usually do with this person(s) conducive or detrimental to the change I want to make? What makes you say this?
- Has this person(s) been supportive/unsupportive of similar changes I've tried to make in the past? What makes you say this?

Supportive	Neutral	Unsupportive

Considering both your supportive and your neutral relationships...

- How could you strengthen or alter these relationships so as they become more supportive?

Considering your unsupportive relationships...

- What could you do to ensure these relationships don't become, or continue to be unsupportive?

IMPORTANT! Relationships are an extremely important part of our lives, however they can be very complex and as a result they can present some unique challenges. When considering relationships that aren't conducive to changes we want to make, strategies such as 'I just won't see that person any more', or 'I will just tell that person to be supportive', are probably not realistic. Instead consider how you might maintain the positive aspects (of which there will be many/some) while minimising the negative aspects, i.e. I will still hang out with friend (x), but I won't hang out with them at a bar every time. Instead I will invite them round to my place.