

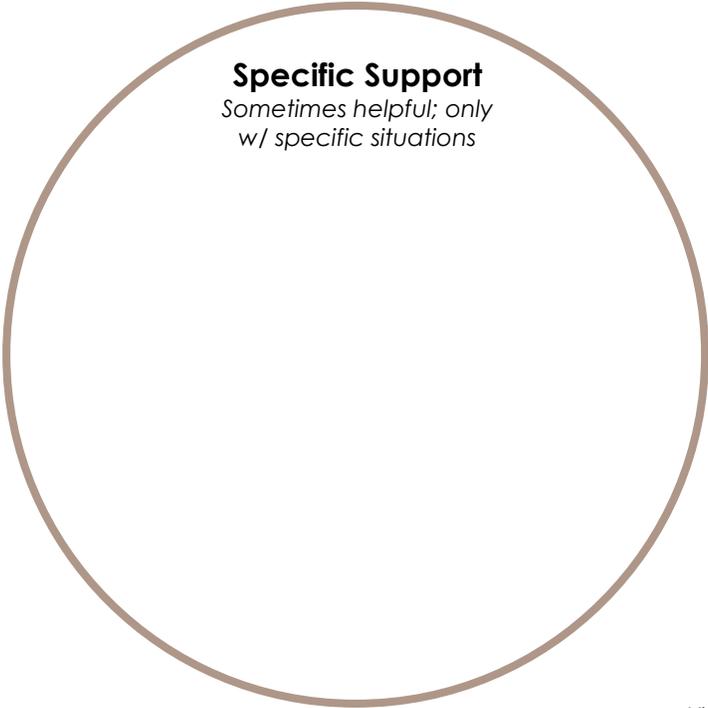


Core Support
*Consistently emotionally
safe & grounding*

Support Network Map



Reliable Support
*Typically available;
generally understanding*



Specific Support
*Sometimes helpful; only
w/ specific situations*

Map your **support network**.
You can name individuals,
but you can also include
groups, communities,
spaces, items, and/or
strategies that help you
feel supported.



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**Support
Network Map**

Notes for Giving Support

(your love language, how you show up, etc.)

Notes for Receiving Support

(do's & don'ts, requests, etc.)