

Support Network - Blank

<p><i>Unconditional Listeners</i> are those who you feel heard by, cared for and not judged</p>	<p><i>Doers</i> are those who help you out practically</p>
<p><i>Distractors</i> help distract you from uncomfortable thoughts and feelings</p>	<p><i>Toxic</i> people may include those who you feel emotionally depleted by</p>