

Support Network - Examples

<p>Neighbour Bill</p> <p>Sibling Charlie</p> <p><i>Unconditional Listeners</i> are those who you feel heard by, cared for and not judged</p> <p>Partner</p>	<p>Co-worker Alex</p> <p>Dad</p> <p><i>Doers</i> are those who help you out practically</p> <p>Aunt Sam</p>
<p>Friend Amanda</p> <p><i>Distractors</i> help distract you from uncomfortable thoughts and feelings</p> <p>Pet</p> <p>My 2-year-old</p>	<p>Ex-partner</p> <p><i>Toxic</i> people may include those who you feel emotionally depleted by</p> <p>Mom</p>