



Support Network Evaluation

Your support network is the entire community of people around you who value you and help provide for your physical and emotional needs. This network usually operates under “mutual obligation.” In other words, you both give and receive support.

The four main types of support are emotional, practical, sharing points of view, and sharing information. Having both depth (a few very close, intimate people) and width (a large number of casual friends and professionals) in your network provides a sense of security, belonging, and buffering against the stresses of life.

If you often have the sense that your support network is not strong enough or are wondering if you’ll have adequate support as you undertake a healing journey, it can be helpful to evaluate it. The following questionnaire can help you determine if you have a robust support system or if you should take proactive steps to improve it. Give yourself one point for every box that applies to you and tally your score at the bottom.

- When I am in need, there are people there for me
- I get the support I need from my family
- I share my ups and downs and receive comfort from a few key people
- I get the support I need from my friendships
- There are key people in my life that treat my needs and feelings as important
- I can count on my friends and family to help me make decisions and work through problems
- I have personal and professional contacts that I can rely on to help me with practical problems (like fixing an appliance)
- I have people in my life who are proud of me
- There are several people I can talk to when I am feeling lonely or depressed
- I have someone in my life that I feel comfortable sharing intimate personal problems with
- I regularly spend time with my family and friends
- I have friends who are there for me, even when it’s not fun (like an early morning trip to the airport or packing up a moving van)
- There are others in my life who come to me for practical help and support
- If I were in need of care-taking, there are people in my life who would help fill the gaps
- There are people in my life whom I trust and who see me as trustworthy
- I have people in my life who honor important events (like birthdays)
- I have people in my life who would be there for me in the event of a crisis

Total _____

Scoring: Any score lower than 12 means that you may need to prioritize strengthening your support network. If you need help addressing this, talk with your coach for ideas.

By Autoimmune Protocol Certified Coach, 2017, Sara Ballantyne, Mickey Trescott, and Angie Alt.