

Name _____

Date _____

SOCIAL SUPPORT

WORKSHEET

Social support is not only important for human survival but vital in addiction recovery as well. Social support has been shown to greatly increase the chances of staying sober and maintaining recovery in a sustainable way. Our social support worksheet will help you think about your channels of support and how they can help.

Directions: Identify 3 to 5 people, groups, or communities who are part of your social network.

Support #1 Name
Phone Number:
Relationship:
How they help me feel supported:
What I value about this support:
List barriers that prevent you from fully utilizing this support:
List specific steps you could take to better utilize this support:
List ways how this support could help you with your current problem: