

# Family Support Network Worksheet

Family Member Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Introduction to Your Family Support Network

Supporting a loved one in recovery can be both rewarding and challenging. It's important to remember that in order to be an effective source of support for someone else, you also need to take care of yourself. This worksheet will help you assess your own support system, identify areas where you might need support, and develop strategies for maintaining your well-being while supporting your loved one.

### 1. Assessing Your Current Support System

Your support network is essential in helping you stay strong and resilient. These people or resources can provide emotional, practical, or informational support.

#### Who are the people in your support system?

(List family members, friends, or professional support people who help you. Consider anyone who provides emotional support, practical assistance, or guidance.)

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### 2. Identifying the Type of Support You Receive

Support comes in many forms. It's important to recognize how your support system meets your needs.

#### For each person listed above, identify what type of support they provide:

(For example, someone might offer emotional support, while others may provide practical help or a listening ear.)

Person in Support System	Type of Support They Provide	How They Help You
Person 1	Emotional, Informational, Practical	_____

Person 2	Emotional, Practical	_____
Person 3	Emotional, Informational	_____
Person 4	Emotional, Spiritual	_____
Person 5	Practical, Informational	_____

### 3. Identifying Areas Where You Need Support

Supporting a loved one in recovery can be difficult at times. It's important to recognize your own needs and understand where you may require additional support.

**What areas do you feel you need more support in as you help your loved one?**

(Reflect on emotional, physical, practical, or informational needs.)

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**Are there specific challenges you are facing in your own life that impact your ability to support your loved one?**

(For example, stress, lack of time, emotional exhaustion, etc.)

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### 4. Strengthening Your Support System

Building a strong, balanced support network is key to maintaining your own well-being while helping your loved one. Reflect on what actions you can take to strengthen your existing support system.

**What steps can you take to strengthen your current relationships and support network?**

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**Are there any new support resources you need to seek out?**

(For example, family therapy, support groups for family members of those in recovery, or self-care resources.)

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### 5. Developing Strategies for Self-Care

Self-care is crucial to maintaining your own emotional and physical well-being. Taking care of yourself ensures that you can continue to be a source of support for your loved one.

**What self-care activities do you currently engage in?**

(Think about practices that nurture your mental, emotional, and physical health.)

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**What additional self-care activities could help you feel more balanced?**

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**How can you make time for self-care while supporting your loved one?**

(Consider practical ways to build self-care into your schedule.)

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## **6. Setting Boundaries**

Setting healthy boundaries is essential for maintaining your well-being while helping your loved one in recovery. This means knowing when to say no, when to step back, and when to prioritize your own needs.

**What boundaries do you need to set with your loved one or others in your support network?**

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**How will you communicate these boundaries in a way that is clear but compassionate?**

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**Are there any other boundaries you need to set with yourself regarding your own well-being?**

(For example, knowing when to ask for help, setting limits on your availability, or taking breaks.)

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## **7. Reflecting on Your Role in the Recovery Process**

As a family member, you play an important role in your loved one's recovery, but you also need to remember your own needs and limitations.

**What are your strengths in supporting your loved one?**

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**What are areas where you feel you could improve your support or communication?**

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**What can you do to maintain a balance between supporting your loved one and caring for yourself?**

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## **8. Additional Thoughts and Resources**

Feel free to use this section for any additional reflections or questions you may have regarding your support system, your loved one's recovery, or your own self-care.

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