

My Personal Resources

Name: _____

Below, write down at least 5 people that you can turn to for support during a crisis. Write their First Name, Relationship to You, and Reasons Why you Turn to Them. Then answer the questions that follow

MY SUPPORT CHART

Person's Name	Relationships to Me	Why is the person a good support for me?

1. Looking at your list, do you have more support from family members or friends? Why do you think this is?

2. Why is it important for a person to identify their “support system” before a crisis occurs?

3. What are some advantages of turning to people for support during a crisis?