

Exercise #2: Being in a Supporting Role

Now it's your turn to reflect on occasions that you were in a supportive role. Try to think of an experience in the past where you tried to provide the following types of support. How did you feel, or react after this? How did they react or appear to feel about your efforts?

What could you do, or what have you done to provide...

1. Emotional Support

How he or she reacted?

How you reacted?

2. Network Support

How he or she reacted?

How you reacted?

3. Esteem-Boosting Support?

How he or she reacted?

How you reacted?

4. Information Based Support

How he or she reacted?

How you reacted?

1. Tangible Support

How he or she reacted?

How you reacted?

It may be helpful if you are able to ask someone you have tried to provide support to, how he or she perceived your attempts at support. What did they find helpful? Was anything unhelpful to them?