

Social Support Self-Assessment

Part 1: Assessing Your Level of Social Support

Having people in your life to provide support, advice and companionship is an important part of managing stress and emotions and promoting general wellness. To determine whether your social network provides you with what you need, check whether each of the following statements is true or false for you.

True False

- ___ ___ 1. If I needed an emergency loan of \$100, there is someone I could ask for it.
- ___ ___ 2. There is someone who takes pride in my accomplishments and/or praises me.
- ___ ___ 3. I often meet up with or talk by phone/Skype with family or friends.
- ___ ___ 4. Many people I know have a positive impression of me.
- ___ ___ 5. If I needed an early-morning ride to the airport, there is no one I could ask.
- ___ ___ 6. I feel there's no one with whom I could share my most private worries and fears.
- ___ ___ 7. Most of my friends are more successful making changes in their lives than I am.
- ___ ___ 8. I would have a hard time finding someone to go with me on a fun day trip.

Scoring: Add up the number of true answers for questions 1-4 and the number of false answers for questions 5-8. If your score is 4 or higher, you should have enough support in many situations. If your score is 3 or lower, you may need to build up your social network.

Part 2: Unsupportive People

List any people who cause you significant stress or get in the way of things you may wish to do to help yourself manage your stress (e.g., a critical relative, a friend who encourages you to drink when you're trying to quit, a classmate who demands too much of your time in helping him/her study). These are people with whom you may need to consider spending less time (if possible) and/or creating better boundaries.

- 1.
- 2.
- 3.
- 4.
- 5.

Part 3: Social Support Profile

Assess who *currently provides* or who *could provide* certain types of social support by listing people in the table below under the appropriate category. (You can list the same person more than once.) Circle those who currently provide you with support. Put a star next to anyone who also comes to you for support. If you left some boxes blank, think about ways you might work on finding a support person to fill that role.

Type of Support Person	Emotional: People you can trust with intimate thoughts and feelings, fears	Social: People with whom you can hang out, share experiences	Informational: People you can ask for advice about decisions, get mentoring help	Practical: People who can help you when you need assistance with day-to-day problems (e.g., rides, money, place to stay)
Partner/Significant Other				
Relative				
Friend				
Neighbor/Classmate				
Roommate/Housemate				
Coworker/Boss				
Therapist/Clergy				
Advisor/Mentor				
Professor/TA				
Other				