

My Support System

TODAY

Family Members I am close to right now:

- 1.
- 2.
- 3.

Friends I am in touch with right now:

- 1.
- 2.
- 3.

Professionals in my life now (counselor, therapist, psychiatrist, lawyer):

- 1.
- 2.
- 3.

Other Support I have in my life right now (sponsor, 12-step group):

- 1.
- 2.
- 3.

IN THE FUTURE

Family Members I would like to be close with in the future:

- 1.
- 2.
- 3.

Friends I would like to be in touch with in the future (include possibilities like “girlfriend” or “sober friends”):

- 1.
- 2.
- 3.

Professionals I would like to have in the future (counselor, therapist, psychiatrist, lawyer):

- 1.
- 2.
- 3.

Other Support I would like to have in the future (sponsor, 12-step group):

- 1.
- 2.
- 3.