

Client name:

Keyworker:

Date: / /

Sources of Support

The attitudes of people around us are known to be one of the biggest factors in influencing our own thoughts, feelings and behaviour. If you spend your time associating with those who use drugs it will be very hard for you to remain drug free. You need to carefully consider who you chose to spend time with. Positive social support networks are those that support your decision to stop using drugs. These people are likely to be non drug users who you feel safe with and who can help you achieve your goals. When our lives include people who provide positive support it makes it easier to develop positive daily routines which reduce the risk of lapse or relapse.



Pyramid of Support



Think about all the different sources of support which are available to you both in custody and on release. Consider family, friends, services, probation etc. and write each source or person within the support pyramid.



Empty box for writing a source of support.



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How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful

Different Types of Support

Consider each source or person identified within the support pyramid and identify what type of support they may provide. There are various types of support which are listed below.

Which people on your support pyramid could provide the following?



Emotional Support - someone who you can discuss your feelings with



Moral Support - someone who can provide you with encouragement



Instrumental Support - someone who can help you with practical tasks, such as giving you a lift to an appointment



Recreational Support - someone who you would like to spend leisure time with



A mentor - someone who can provide you with guidance and instruction



What other support would help your recovery and who could provide it?

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful