

Social Support Worksheet

If you had difficulty identifying who your Concerned Significant Others (CSOs) are then answering these two-step questions may help. (Sarason, S. et al, 1983)

Step 1: For the A part, list all the people you know who you can count on for help or support in the manner described. Write the person’s initials, first name and last name, and their relationship to you, see Example. Do not list more than one person next to each of the numbers beneath the question.

Example, A part. Who do you know that you can trust with sensitive personal information?

No one 1.) T.N. (brother) 2.) L.M. (friend) 3.) R. S. (friend) 4.) D. N. (father) 5.) W. T. (employer) 6.) 7.) 8.) 9.)

Step 2: For the B part, circle how satisfied you are with the overall support you have. If you have no support for a question, circle the words “No one,” but still rate your level of satisfaction. Do not list more than nine people per question. Please answer all the questions the best you can.

Example, B part. How satisfied are you with the support you have in area Example(a)?

6-very satisfied 5-fairly satisfied 4-a little satisfied 3-a little dissatisfied 2-fairly dissatisfied 1-very dissatisfied

1 A. Who can you really count on to be dependable when you need help?

No one 1.) 2.) 3.) 4.) 5.) 6.) 7.) 8.) 9.)

1 B. How satisfied are you with the support you have in area 1 A?

6-very satisfied 5-fairly satisfied 4-a little satisfied 3-a little dissatisfied 2-fairly dissatisfied 1-very dissatisfied

2 A. Who can you really count on to help you feel more relaxed when you are under pressure or tense?

No one 1.) 2.) 3.) 4.) 5.) 6.) 7.) 8.) 9.)

2 B. How satisfied are you with the support you have in area 2 A?

6-very satisfied 5-fairly satisfied 4-a little satisfied 3-a little dissatisfied 2-fairly dissatisfied 1-very dissatisfied

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3 A. Who accepts you totally, including both your worst and best points?

No one      1.)                      2.)                      3.)                      4.)  
5.)                      6.)                      7.) 8.) 9.)

3 B. How satisfied are you with the support you have in area 3 A?

6—very      5-fairly      4-a little      3-a little      2-fairly      1-very  
satisfied      satisfied      satisfied      dissatisfied      dissatisfied      dissatisfied

4. A. Who can you really count on to care about you, regardless of what is happening to you?

No one      1.)                      2.)                      3.)                      4.)  
5.)                      6.)                      7.) 8.) 9.)

4. B. How satisfied are you with the support you have in area 4 A?

6—very      5-fairly      4-a little      3-a little      2-fairly      1-very  
satisfied      satisfied      satisfied      dissatisfied      dissatisfied      dissatisfied

5 A. Who can you really count on to help you feel better when you are feeling down-in-the-dumps?

No one      1.)                      2.)                      3.)                      4.)  
5.)                      6.)                      7.) 8.) 9.)

5 B. How satisfied are you with the support you have in area 5 A?

6—very      5-fairly      4-a little      3-a little      2-fairly      1-very  
satisfied      satisfied      satisfied      dissatisfied      dissatisfied      dissatisfied