

**Who Are My Family/CSOs? Worksheet**

Think about all of the people in your life you feel a particularly strong connection with. People who support you “when you are feeling down and help you get your feet back on the ground”. These could be people you spend holidays or birthdays with. Whose praise or encouragement makes you feel good. Who regularly text, phone, or email you. People you “appreciate being around”. Your family/Concerned Significant Others (CSOs) could include immediate and extended family united by birth, marriage or adoption including parents, partners, grandparents, spouses, children, siblings, cousins, aunts and uncles or friends, sober peers, co-workers, members of the community, etc. (If you have difficulty identifying who all of your family/CSOs are then answering the questions in the Social Support Worksheet may help.)

Name: \_\_\_\_\_ Relationship to me: \_\_\_\_\_

Identify why you feel close to them:

\_\_\_\_\_

Name: \_\_\_\_\_ Relationship to me: \_\_\_\_\_

Identify why you feel close to them:

\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

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Identify why you feel close to them:

\_\_\_\_\_

What do these relationships have in common? Think about one-word qualities.

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