

## YOU'RE NOT ALONE: WORKSHEET



How could you connect with another person or people this week? Keep in mind, support has many faces and you may have different needs at different times. Consider who in your life might be useful to confide in, but also who is good at having fun, making you laugh, distracting you, or helping you relax. Reaching out to others doesn't have to mean pouring out your heart (though if that is what you need right now, go for it). Taking time out from your problems is as important as talking them through.

Even if you don't feel like isolation is a big factor right now, try to do something social at least once a week to see if it helps. "Something social" can be as simple as a phone chat with your sister or as elaborate as a dinner with friends.

**Step 1:** Identify people in your life who fill different needs for you.

(Some people may fit in more than one category.)

Good Listener:	
Good Advice Giver:	
Just for Fun/ Makes Me Laugh:	
Cheerleader/ Encourages Me:	
Confidant:	
Playmate/Likes to Do Things with Me:	
Shoulder to Cry On:	

**Step 2:** Look over your answers to Step 1 and pick a person you'd like to see this week. Think about what kind of socializing you'd most prefer right now—who and why. Then brainstorm how you could connect with the person this coming week.

I need someone who is: \_\_\_\_\_

I want to spend time with: \_\_\_\_\_

I would like to do\*: \_\_\_\_\_

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\* For this line include specifics like when you would like to meet the person and what you would like to do with him or her.

**Step 3:** Identify obstacles that could interfere with meeting your goal(s) for connecting with others this week. Then, come up with a strategy to address each one of these barriers and maximize your chances of accomplishing your goal.

Obstacles to achieving my goal	Coping strategy for dealing with the obstacles
<i>It's hard to find time.</i>	<i>Ask for help with household chores to free up some time during the evenings. Schedule a "date" in advance so that we have it on the calendar.</i>
<i>My friend might not be available.</i>	<i>Have a back-up plan in case she's not free. Call her a week in advance so that she has a better chance of making herself available.</i>