**Building my Support System**

1. Make a list of all the people you have regular interactions with:
2. Put a check mark next to the people you feel are supportive.
3. Next to their name, write the qualities about that person that you value the most.
4. Who knows you are a survivor? Who might be supportive if you told them? Circle their names.
5. Who can you consider telling? It’s okay if you can’t consider this right now.
6. In order to build my support system, I need to (join a support group / find a counsellor / talk to my partner / end my relationship with \_\_\_):

Adapted from Davis, L. (1990). *The courage to heal workbook: A guide for women survivors of child sexual abuse.* New York: Harper Collins.