

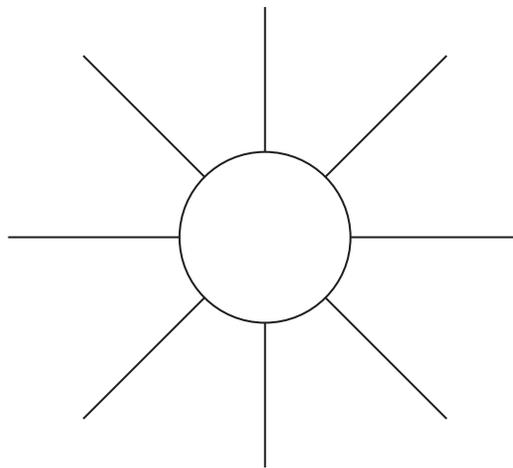
# Social Connections Worksheet



Having healthy connections with family, friends, and others is very helpful for people recovering after a disaster. Yet people often have upsetting emotional and physical reactions that may affect their relationships with family members, friends, and others close to them. The disaster may have physically separated you from one another, making it hard to communicate and creating lots of problems that take up your time and energy. You can take simple, concrete steps to rebuild your social connections and reach out to the people in your life whom you may not have thought of as supports.

## 1. Develop a Social Connections Map

Write your name in the center of the circle, and then write in the names of people, pets, professionals, or organizations that are part of your social network. Add more lines as needed.



## 2. Review Social Connections Map

**PART A:** Different people and relationships provide different types of support. Take a look at your Social Connections Map to help answer the following questions.

Who are your most important connections right now?	_____
With whom can you share your experiences or feelings?	_____
From whom can you get advice to help with your recovery?	_____
Whom do you want to spend time with socially in the next couple of weeks?	_____
Who might be able to help you with practical tasks (errands, paperwork, homework)?	_____
Who might need your help or support right now?	_____

