

# Types of Social Support Worksheet



| Name   | Description  | How You Get It & Give It   | Need?                    | Can Give?                |
|--|--|--|--------------------------|--------------------------|
| <b>Emotional Comfort</b>                         | Feeling “heard,” understood, accepted, and loved or cared for  | Listening (without giving advice or judgment), giving a hug or a “shoulder to cry on”  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Social Belonging</b>                          | Feeling as if you fit in, belong, and have things in common with other people  | Spending time with friends and family members, participating in enjoyable or recreational activities with others   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Feeling Needed</b>                            | Feeling that you are important and valued by others  | Words of appreciation or gratitude, showing someone you enjoy his/her company  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Self-Worth</b>                                | Feeling that you are a valuable and appreciated member of a family, group, or organization and that your contributions make a difference | Words or acts of appreciation for your skills, knowledge, talents, and contributions; being asked to help or participate; feedback that you’ve faced and handled challenges well | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Reliable Support</b>                          | Feeling that you have people you can depend on to help you if you need it  | Being available to help someone when they need or ask for help   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Advice, Information &amp; Problem-Solving</b> | Having someone who can offer good advice, show you how to do something, give you information, or mentor you                              | Giving information on how to obtain the service or items that one needs; helping you think of options you have or ways to fix a problem  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Physical Assistance</b>                       | Having people who help you to carry out physical tasks or run errands  | Helping someone do something you need, such as home or car repair, paperwork   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Material Assistance</b>                       | Having people give you tangible assistance   | Giving items such as food, clothing, medicine, building materials, or a loan   | <input type="checkbox"/> | <input type="checkbox"/> |