

Support Checklist

List the name of the person(s) in your life who does this for you:

1. Tells me the truth in love; levels with me: _____
2. Cares enough to hold me accountable: _____
3. Gives me the kind of atmosphere I need to be real in his/her presence:

4. Asks me the difficult questions: _____
5. Prays for me about what I really need: _____
6. Enjoys me: _____
7. Values me; helps me have a sense of my own worth and integrity:

8. Helps me reframe events, so I see them from God's viewpoint:

9. Helps me live with the pain in my life, whatever it may be:

10. Laughs with me: _____
11. Affirms that I am competent while also allowing me to ask for help:

12. Calls forth the best that is in me, evoking my gifts:

