

Types of Social Support Worksheet



Name	Description	How You Get It & Give It	Need?	Can Give?
Emotional Comfort	Feeling “heard,” understood, accepted, and loved or cared for	Listening (without giving advice or judgment), giving a hug or a “shoulder to cry on”	☐	☐
Social Belonging	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	☐	☐
Feeling Needed	Feeling that you are important and valued by others	Words of appreciation or gratitude, showing someone you enjoy his/her company	☐	☐
Self-Worth	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	☐	☐
Reliable Support	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	☐	☐
Advice, Information & Problem-Solving	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	☐	☐
Physical Assistance	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	☐	☐
Material Assistance	Having people give you tangible assistance	Giving items such as food, clothing, medicine, building materials, or a loan	☐	☐