

"My Support Network" for Teens

(Adapted from the book Facing Changes and griefspeak.com)

1. List 3 people (or more if you like) who you feel comfortable talking to: (I encourage you to find someone in the school building as well since you are there all day and often grief hits while at school. There are counselors, school nurses, teachers, and others who you can talk to.)

_____	Phone# _____
_____	Phone# _____
_____	Phone# _____
_____	Phone# _____
_____	Phone# _____

2. Name two or more places I can go to that help me to feel comfortable and safe: (try to locate a place in your own living space and one outside your living space).

_____	_____
_____	_____
_____	_____



3. List 3 or more activities I can do that will help me to express my feelings: Some teens write, draw, hit pillows, nap, cry, sing, play music, play video games, write songs, journal, play a sport, work, pound nails, volunteer with younger kids or older people, fish, cook, go to the gym, go for a run, write letters, paint, do physical work, join a support group, call a hot line,.....

_____	_____
_____	_____
_____	_____

4. List the names of songs I can play or movies I can watch that help me to feel better or get my mind off of things:

_____	_____
_____	_____
_____	_____