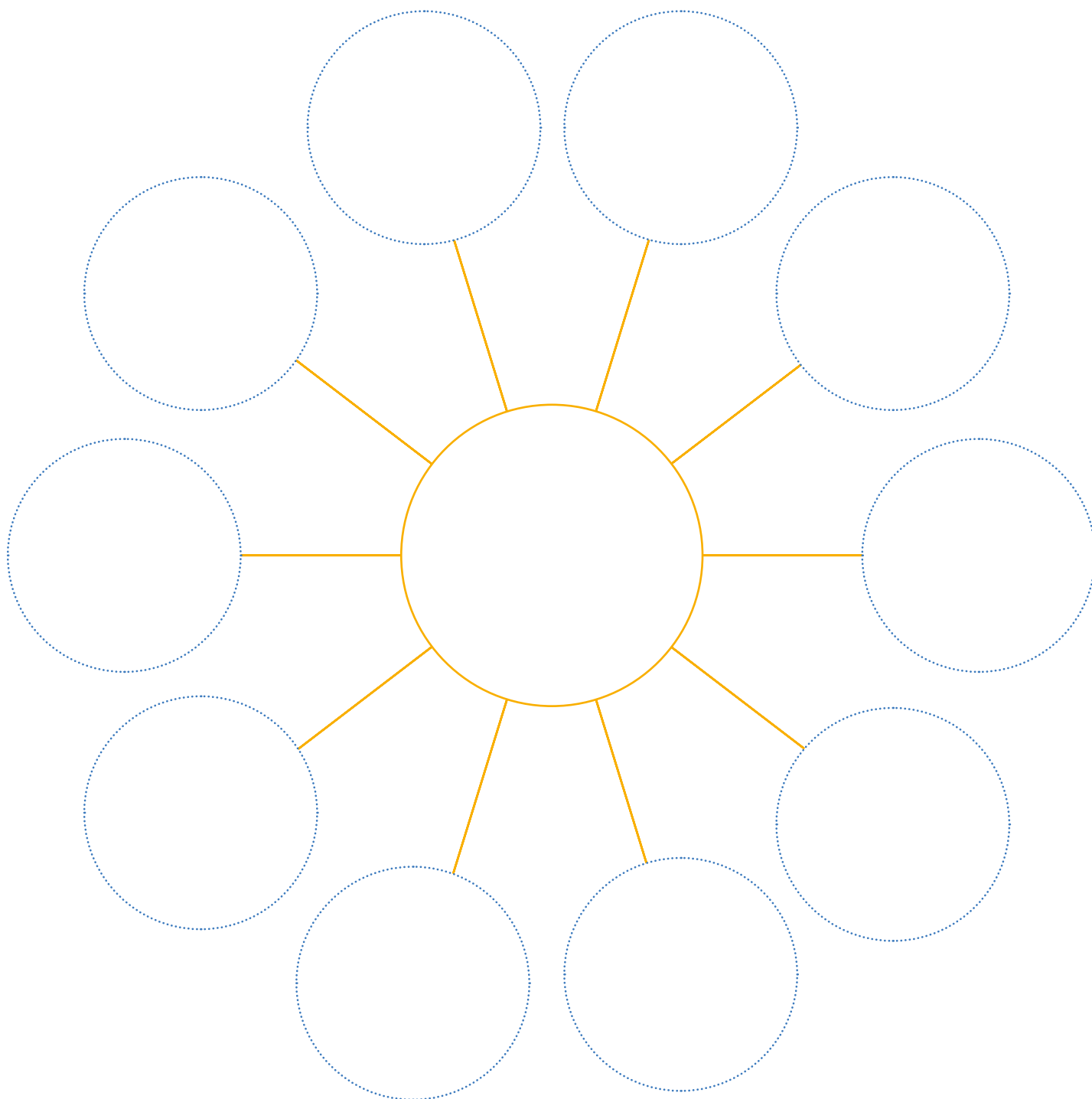


Support Net

Putting yourself in the centre, who do you have to support you? They can be family, friends, teachers, professionals you work with, groups, internet groups. When you have filled it in, check out the question below.



Are you satisfied or ok with who is around you? If not, maybe you could think about who else you might be able to consider adding from the discussion that follows.