



POSITIVE SUPPORT NETWORK & NEGATIVE SUPPORT NETWORK

The following Life Support Training Aids are to be used to find out how many people there are in your life, who are supporting you in either a positive or negative direction. Just put their names or initials down, or even agencies names and the amount of people there that you could access. Use nick names if you feel uncomfortable about putting peoples real names in.

Positive Support Network

These people will encourage you in your recovery and will be helpful and positive when you are feeling down or close to relapse.

Negative Support Network.

These people will encourage or trigger you towards your addiction.

Occasionally you may have a person who's name will be in both networks, recovery in the early days can only be described as fragile and delicate. Maybe you need to sit down and have a discussion with this person and allow them to make a choice or maybe you just need a break from them for a while. Only you will be able to make that choice and when you are ready to do so, remember sometimes helping yourself means cutting people out of your life.

(You need to remember Crabs in Bucket Syndrome sometimes referred to as Crab mentality, and as Crabs in the Bucket, When a single crab is put into a lidless bucket, they can and will escape. However, with a group of crabs who share a bucket, they cant get out. If one crab elevates himself above all, the others will grab him and drag him back down to share the mutual fate of the group. "if I can't have it, neither should you." they grab at each other in a useless "King of the Hill" competition or sabotage, Crab bucket syndrome is often used to describe social situations where one person is trying to better them self and others in the community attempt to pull them back down.)

Once you filled out your support networks you will see who you have to either avoid or cut out or if you need to build new friendships to increase your positive contacts.

The next step is to colour code your positive contacts, three colours to display if they are available in the day, evening or is a 24 hour availability. Again this will display the gaps you need to cover.

Increasing your positive support network has never been easier, there are so many agencies out there now supporting people achieving recovery or volunteer posts that will allow you to meet like minded folk. Avoiding your old contacts may be difficult but it's not impossible.

"Be careful who you choose as your friends because their bad habits can become your bad habits.
Choose wisely ...we all have a choice in life." — Mimi Jenkins,

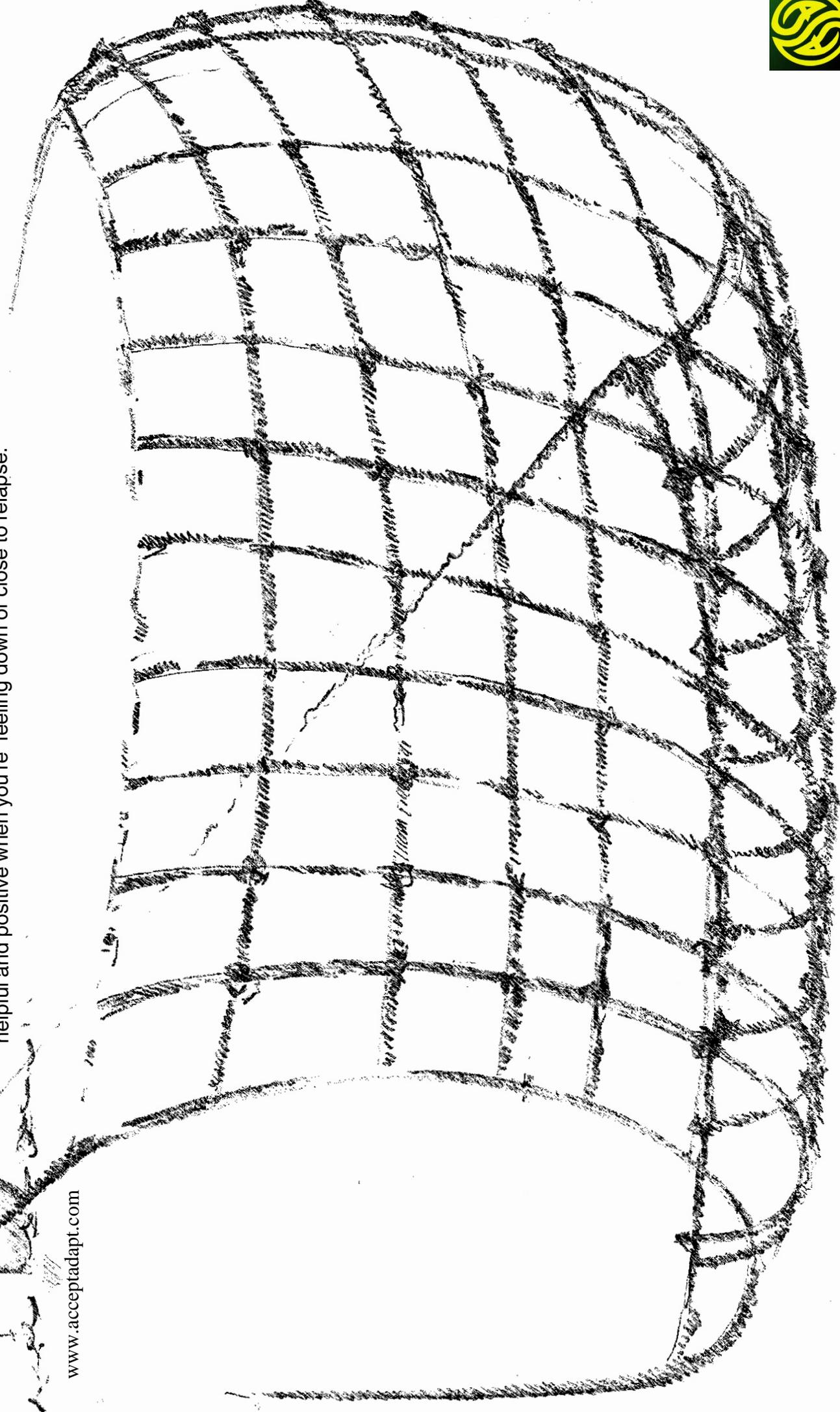




POSITIVE SUPPORT NETWORK

Fill the net with the names of the people who will encourage you in your recovery and will be helpful and positive when you're feeling down or close to relapse.

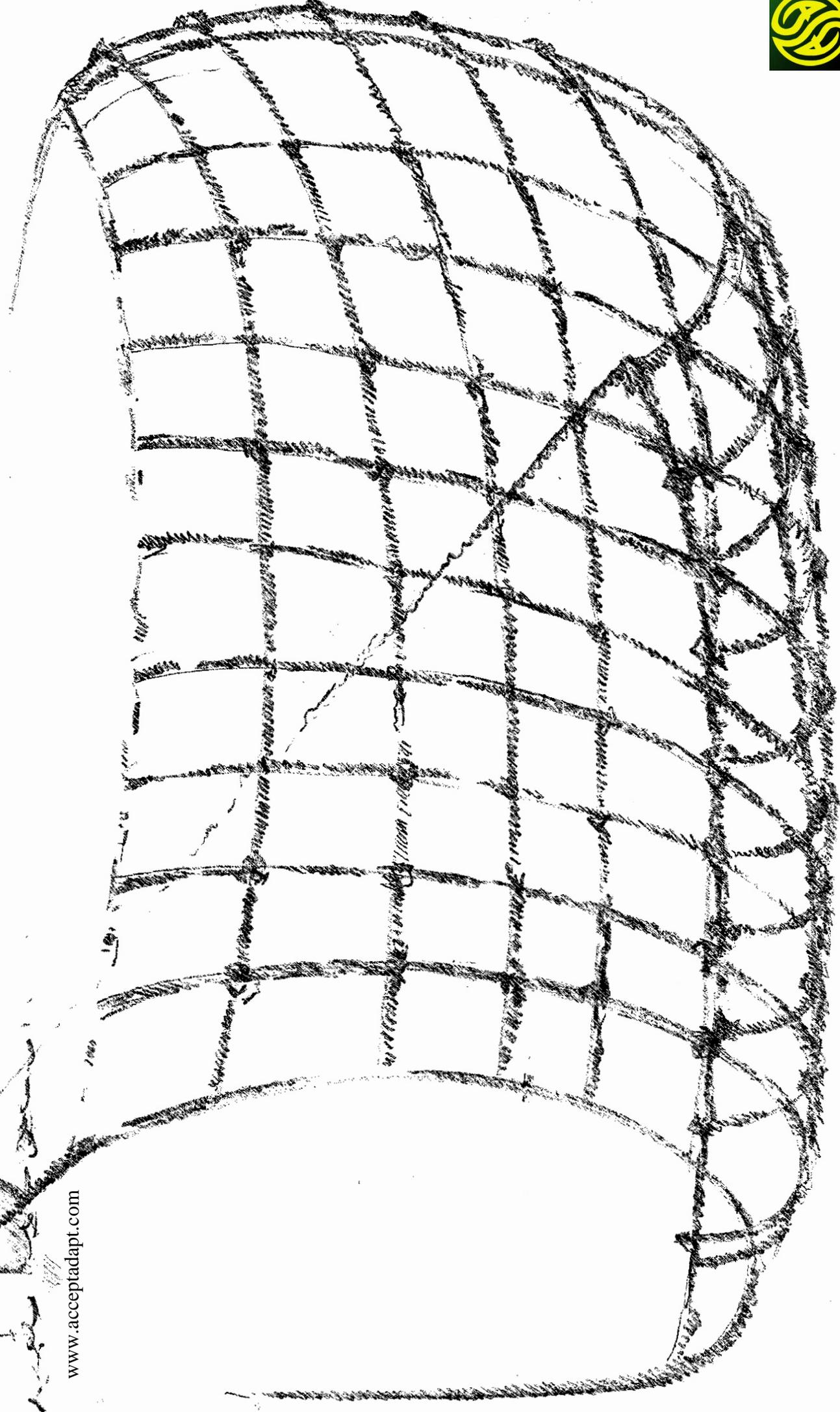
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NEGATIVE SUPPORT NETWORK

Fill the net with the names of the people who will encourage or trigger you towards your addiction.



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