

## CELEBRATIONS      Social Support

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENESS.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

### LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding social support. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down.

- Who are the members of my social support network from my family, school, work, church, and community?
- Thinking of each one of these people, whom should I look to and associate with most when I need encouragement and positive reinforcement?
- With whom should I spend less time because of the self-destructive behaviours they practice?
- When do I feel happiest: when I am with people who are supporting and serving me, or when I am serving others?
- How can I balance my need for support from others and the goal of service that contributes to the well-being of others with my own sense of being valued?
- What specific activities can I become involved in that will widen my social support network and give me opportunities of service?
- How can I develop deeper relationships with family and friends than is possible to attain through using the social networking sites on the Internet?
- How well do I listen to them?
- Do I remember the situations they are facing well enough to ask about how things are going?
- How often do I reach out to them compared to how often they contact me?

Harold has a co-worker and good friend who does much the same work that he does. Recently his friend put forward an idea that earned the approval of top management and resulted in him being promoted. Some of his other colleagues are complaining that everyone in the department contributed to his success. How would I react in such a situation? Would I be jealous of his success, or would I rejoice with him?

Who in my family, school, work, church, and community requires emotional support when they are coping with stressful situations?

How do I coach them to see the opportunities rather than the difficulties?