Map of your support network

An overview of the people around you and what each is really available for.

> Loneliness often doesn't mean there is no one, but that you expect the wrong thing from the wrong person. At the end, look at **which kind of support is missing** — that is where the work is.

People around me

NAME	RING: CLOSE / MIDDLE / EDGE	WHAT THEY'RE GOOD FOR	WHEN I LAST SAW THEM

Kinds of support

Who listens to me?

Who helps me practically?

Who do I laugh with?

Who tells me the truth?

Which kind of support is missing?