

Your Support Networks

We all need other people for support. There are four types of support:

- Practical -
For example, someone to help you clean your home.
- Emotional -
For example, someone to listen and acknowledge how you feel.
- Information & Advice -
For example, someone to give you the correct and reliable information to help you to deal with something.
- Companionship / Friendship -
For example, someone or some people that give you a sense of belonging, purpose and acceptance.

Fill in the boxes below with the names of people in your support network:

Practical Support	Emotional Support
Information & Advice	Companionship / Friendship

Tip:

It is really common in my experience for people with issues with alcohol to find this really difficult to complete. This is because they often don't have many people in their support network.

The great thing about this is that you can expand your support network at any time by going out and meeting new people.

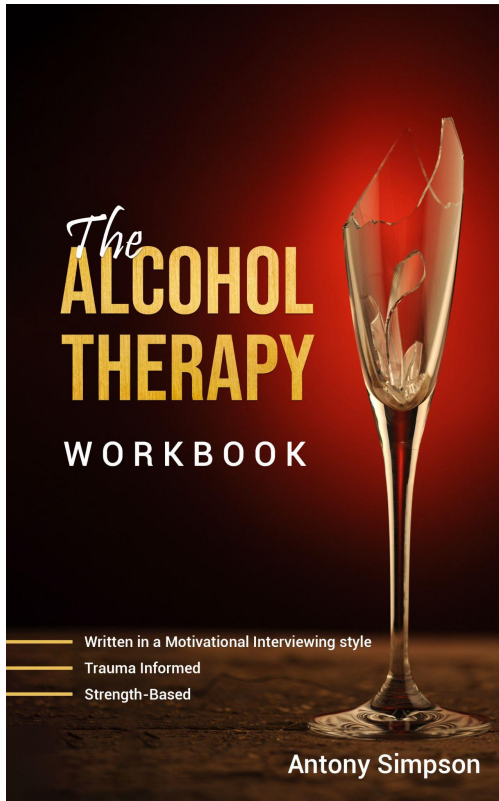
Another Tip:

Don't forget to include professionals that can support you too. Include professionals like your Doctor, Community Alcohol Services Key Worker, Counsellors/Therapists, any Mental Health Workers, etc.

Organisations such as charities can also be of great support to you. Write down a list of organisations/charities locally that you could seek support from here:

Where could you go and what could you do to expand your support network? Write your ideas here:

Congratulations on completing the chapter on Support Networks. You're doing superb. Keep up the hard work, it is worth it, I promise.



The Alcohol Therapy Workbook is for anyone that is struggling with alcohol or has done so in the past.

It's unique to the market because:

- ★ It is written in a Motivational Interviewing style, one of the key therapies used to support people with alcohol issues.
- ★ It has been designed using a trauma-informed approach.
- ★ It is strength-based.

The author Antony Simpson is a Registered Nurse, a qualified Substance Interventions Practitioner, a

Counsellor and a Youth Worker.

He has been working with people with dependency/addiction issues for well over a decade. He has put the interventions that are most effective into this book.

What you will find in this book is more than just worksheets about alcohol. You'll find all the tools someone needs to get into recovery

from alcohol and stay there. It's a therapy-based book, not an alcohol-based book.

It is available to buy on Amazon at: <https://amzn.to/3MKL7in>