

EXERCISE 4: BUILD YOUR TEAM

As you think about building a healthy support system to lean into during your abuse recovery process, try thinking like a coach for a sports team. Sports teams are most likely to be successful when teammates bring with them unique strengths and skill sets. For example, a soccer team full of only great goalies would be lacking necessary skills and talents in other positions on the field.

Similarly, an effective support system is likely filled with different kinds of people who can offer different kinds of support. Some may offer emotional support and validation, and others may provide tangible support, such as helping with child care or transportation to counseling appointments. Still other supporters might offer a wealth of information about local community resources.

In the table below, first list the types of support you anticipate would be helpful during your abuse recovery process. Then, next to each, list people who might be able to offer you each type of support. If you have a difficult time identifying people who could offer certain types of support, consider how you might build additional connections to expand your support team.

Type of Support That Could Help My Abuse Recovery Process	Names of People I Know Who Might Be Able to Provide This Support