

Support Network Worksheet

		Emotional Support	Practical help	Sharing points of view	Sharing Information
Contact Information					
Name:		Relationship:			
Contact @					
Physical Distance:					
Last contacted:		Planned contact date:			
Name:		Relationship:			
Contact @					
Physical Distance:					
Last contacted:		Planned contact date:			
Name:		Relationship:			
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<p>Contact Information</p> <p>Name: _____ Relationship: _____</p> <p>Contact @ _____</p> <p>Physical Distance: _____</p> <p>Last contacted: _____ Planned contact date: _____</p>			
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Material provided by www.clear.com
 from "More Than Your Last Relapse: The Lasting Recovery Programs Prohibited - Personal use only" www.sobermart.com