# Social Connections Worksheet

Having healthy connections with family, friends, and others is very helpful for people recovering after a disaster. Yet people often have upsetting emotional and physical reactions that may affect their relationships with family members, friends, and others close to them. The disaster may have physically separated you from one another, making it hard to communicate and creating lots of problems that take up your time and energy You can take simple, concrete steps to rebuild your social connections and reach out to the people in your life whom you may not have thought of as supports.

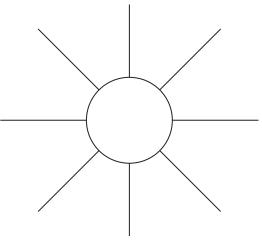
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# 1. Develop a Social Connections Map

Write your name in the center of the circle, and then write in the names of people, pets, professionals, or organizations that are part of your social network. Add more lines as needed.



## 2. Review Social Connections Map

**PART A:** Different people and relationships provide different types of support. Take a look at your Social Connections Map to help answer the following questions.

Who are your most important connections right now?	
With whom can you share your experiences or feelings?	
From whom can you get advice to help with your recovery?	
Whom do you want to spend time with socially in the next couple of weeks?	
Who might be able to help you with practical tasks (errands, paperwork, homework)?	
Who might need your help or support right now?	

**PART B:** Write down **who or what is missing or needs to be changed** in your network. To help you decide, ask yourself: Are there types of support missing? Are there loved ones or friends with whom you wish to reconnect? Whom do you want to spend more or less time with? Are there some relationships you want to improve? Do you want to help others, but aren't sure how to go about doing it? Do you want to have more social activities? Do you want to do more for others by joining a community group?

### 3. Make a Social Support Plan

Now come up with a concrete plan for what you are going to do and when you will do it.

#### Put it into action!

Don't worry too much if it feels awkward at first or doesn't go as smoothly as you thought. Remember, you can be flexible.

This worksheet is part of the Skills for Psychological Recovery Field Operations Guide <a href="http://www.ptsd.va.gov">http://www.ptsd.va.gov</a>