

Your Support Map

There is one name that everything goes to. Good news, bad news, the four in the morning version, the thing you are embarrassed about. When that person replies quickly the day is fine, and when they do not, most of the day is spent managing it, which is what people mean when they say somebody's mood has become the weather. This grid makes the routing visible: everyone you know down one side, what each of them can actually hold across the top.

Who this is for: One person currently carries almost everything you bring to anyone, and you noticed it properly the week they were away and you had nowhere to put any of it.

Filling in the grid

Step one: the long list

Everyone, including the people you would not call.

Names, fifteen or more, in any order:

Two people I left off because I assumed they are busy:

Anyone I have not spoken to in six months but could:

Anyone on the list I only ever see in a group:

Step two: the six columns

Six kinds of holding, which are not interchangeable.

Which column would I most like filled, if I could pick one?

Which column have I never asked anybody for?

Which column do I assume nobody would say yes to?

Step three: mark it as it is

Ticks based on what has happened, not on who is close.

The three names carrying the most columns:

Names carrying exactly one column:

A tick I made from hope rather than from evidence:

Anyone marked in every column? What is that costing them?

Step four: find the single-name column

The column with one tick in it is the exposure.

Which columns have exactly one name?

What happens to me in a week that person is unavailable?

Has that already happened? What did I do instead?

Does that person know they are the only one?

Step five: the blanks, without blaming anyone

What people cannot hold, written down as a fact.

One person I keep asking for something they cannot give:

What can they actually give that I have been overlooking?

Where would that request be better placed?

Is there a blank here that is really about how I ask?

Step six: the professional row and the row for yourself

Two rows the grid needs and that people leave out.

Services and professionals currently available to me:

One I could put in place this month, and the first step:

What I can genuinely hold on my own at three in the morning:

What I do instead at that hour, and how well it works:

Step seven: one name, one column, one month

How a column gets a second name in it.

The column I am widening:

The one person I will ask, and what specifically I will ask for:

When, this month:

What I will make of it if the answer is no or vague:

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