# My network of support

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| **MY NETWORK OF SUPPORT (NS1)** |
| **ME** |
| Layers of support | **Who?** List the names of people |
| 1. CLOSESTEssential in my life**‘MY ANCHORS’** |  |
| 2. FRIENDSImportant in my life**‘MY ALLIES’** |  |
| 3. PARTICIPANTSFrequent contacts**‘MY ASSOCIATES’** |  |
| 4. EXCHANGESOccasional contacts**‘MY CONTACTS’** |  |