# My network of support

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| **MY NETWORK OF SUPPORT (NS1)** | |
| **ME** | |
| Layers of support | **Who?** List the names of people |
| 1. CLOSEST  Essential in my life  **‘MY ANCHORS’** |  |
| 2. FRIENDS  Important in my life  **‘MY ALLIES’** |  |
| 3. PARTICIPANTS  Frequent contacts  **‘MY ASSOCIATES’** |  |
| 4. EXCHANGES  Occasional contacts  **‘MY CONTACTS’** |  |