

SESSION

7

ACCESSING SUPPORT

SESSION TOOLS

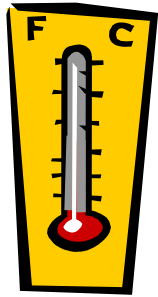
Handout 7.1: Anxiety Thermometer

Handout 7.2: Barriers to Communication

Handout 7.3: Five Steps to Getting Support

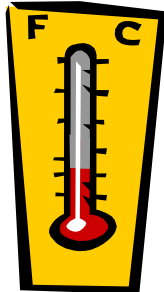
Handout 7.4: I-Message for Communicating (Not Advice)

The Anxiety Thermometer



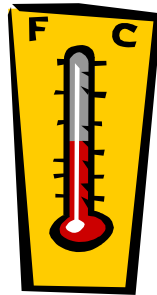
1

**Totally
Relaxed**



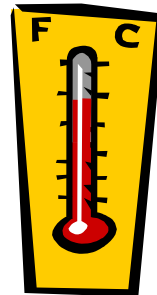
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**Somewhat
Relaxed**



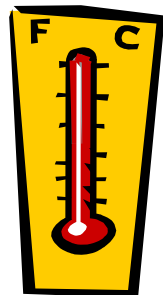
3

**Somewhat
Anxious/Fearful**



4

Very Anxious/Fearful



5

**Extremely
Anxious/Fearful**

HANDOUT 7.2

Barriers to Communication

BARRIERS	AIDS

Five Steps to Getting Support

1 What Do I Want?

Look inside yourself: What am I thinking and feeling that I could use support in dealing with? Do I want:

- Someone to just listen and try to understand?
- A hug?
- Companionship?
- To feel needed?
- Encouragement that I can handle a difficult situation?
- Reassurance that someone is there for me if I need him/her?
- Feedback or advice?

Look outside yourself: What kinds of demands are my physical circumstances placing on me? Do I want:

- Advice?
- Physical assistance?
- Material assistance?

2 Whom Should I Ask?

Think about your relationships with the people you know. Who has been, or could be, a good source of support for what you want?

- Which of my relationships has been a **good source of this type of support in the past**? Could I go to a parent? guardian? sibling? close friend?
- Do I have **other relationships that I could expand or deepen to create the type of support that I want**? For example, even though I have never gone to him/her “just to talk” before, do I have an aunt or uncle, or family friend whom I think would be a good listener if asked? What about a favorite teacher?
- Could I **develop a new relationship** to meet my needs? For example, if I want companionship, do I know someone my age who I could invite to do something fun, like go to a movie?

3 Find The Right Time To Ask

"Do you have the time to talk right now?"

4 Ask With An “I-Message”

- Tell him/her how I'm feeling.
- Tell him/her about my situation and how it led me to feel the way I do.
- Tell him/her what I want done.

Example: *"I'm feeling sad right now because of something I heard at school this afternoon. Can we talk about it?" I just want you to listen for now, without telling me what to do about it."*

5 Express Sincere Appreciation

Graciously thank the person and let him/her know what their support means to you. Be specific, if you can, about **how** he/she has helped you and the difference that it has made. This feedback will encourage and help this person to help you better in the future.

HANDOUT 7.4

I-Message for Communicating (Not Advice)

1. I'm feeling:

2. When ... *(describe what happened outside and inside you)*

Outside me: *(Who? What? Where? When?)*

Inside you: *(Hurtful thoughts? Helpful thoughts?)*

3. I want you to:

Potential problems:

Name: _____

Date: _____