










# THE SUPPORT INVENTORY

## How Robust Is Your Support Network?

Fill in names in each category below

	<i>Types of Support</i>	<i>Work Relationships</i>	<i>Personal Relationships</i>
	<p><b>Shield</b> People who protect me, cover my back, watch out for me, see things I may miss that could hurt me, don't let others ridicule me in my absence.</p>		
	<p><b>Mirror</b> People who reflect back my picture of what I've said I want. They help me stay true to my best self.</p>		
	<p><b>Echo Chamber</b> People who play back what they hear me saying so I can hear it myself and make adjustments if necessary.</p>		
	<p><b>Sounding Board</b> People who understand my need to vent my frustrations without their having to reply, argue, or respond personally.</p>		
	<p><b>Storyteller</b> People who can tell stories or draw analogies so I can learn from experiences of others.</p>		
	<p><b>Jester</b> People who can charm me out of a bad mood and encourage me to enjoy things more and laugh at myself</p>		
	<p><b>Consultant</b> People whose advice I respect and value. They help me understand the potential consequences of choices I am making.</p>		
	<p><b>Believer</b> People who believe that I am always trying to do the right thing and support me even when I make mistakes. They remind me of my best self.</p>		
	<p><b>Backer</b> People who offer me resources to help me execute my choices. They may offer me a place to stay, an airline ticket, or a loan, or they may care for my children while I work. At work, they sponsor me and provide me with introductions and networks that help me achieve my goals.</p>		