**Creating a Support Network: The Power of Connection**

**Purpose:**
Recovery is not a journey meant to be traveled alone. The road to healing is enriched by the presence of others—those who offer understanding, encouragement, and accountability. A strong support network acts as a foundation, providing stability when challenges arise and celebrating with you in moments of progress. Connection is a lifeline, weaving threads of compassion and resilience into the fabric of your recovery.

A support network is not just about numbers; it’s about meaningful relationships built on trust, mutual respect, and shared commitment to growth. It can include family, friends, recovery groups, mentors, or professionals—anyone who uplifts you and supports your journey. Cultivating these connections requires intention, vulnerability, and a willingness to both give and receive.

This worksheet will help you reflect on the role of connection in your recovery, identify supportive relationships, and develop strategies for building and strengthening your support network. By embracing the power of connection, you not only bolster your own resilience but also contribute to a community of shared healing and growth.

**1. Reflecting on the Importance of Connection**
Recovery is strengthened by meaningful connections that provide encouragement and accountability.

How has connection with others positively impacted your recovery journey so far?

What does a strong support network mean to you?

**2. Identifying Supportive Relationships**
Supportive relationships are those that offer understanding, encouragement, and a safe space to be yourself.

Who in your life do you currently feel supported by (e.g., family, friends, mentors)?

What qualities make these relationships feel supportive and meaningful?

**3. Recognizing Gaps in Your Support Network**
Sometimes, there may be areas where additional support is needed to strengthen your recovery.

Are there areas of your life where you feel a lack of support or connection?

What kind of support do you feel would help you most in those areas?

**4. Building New Connections**
Creating new connections requires intention, vulnerability, and seeking out spaces that align with your values and goals.

What steps could you take to expand your support network (e.g., joining a recovery group, reaching out to a mentor, connecting with like-minded individuals)?

What fears or challenges might arise as you build new connections, and how can you overcome them?

**5. Strengthening Existing Relationships**
Even strong relationships require care and intention to thrive.

What actions could you take to deepen or strengthen your existing supportive relationships?

How can you express appreciation to the people who have supported you in your recovery?

**6. Setting Boundaries in Your Support Network**
Healthy relationships include clear boundaries that protect your recovery and ensure mutual respect.

Are there any relationships in your support network where boundaries need to be clarified or reinforced?

What steps can you take to establish or maintain healthy boundaries in these relationships?

**7. Imagining the Support Network You Want to Build**
Creating a strong support network is a process of envisioning the kind of connections that uplift and sustain you.

What would your ideal support network look like? Who would be part of it, and how would they support your recovery?

What steps can you take today to begin building or strengthening this network?

**Conclusion:**
The power of connection lies in its ability to remind you that you are not alone. A strong support network is a source of strength, encouragement, and accountability, offering a safe space to grow and thrive. By cultivating meaningful relationships and surrounding yourself with people who believe in your potential, you create a foundation for resilience and healing. Remember, connection is not just about receiving—it’s about giving, sharing, and walking this journey together, side by side.