

# Brainstorming Support People

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*First, write the names of 6 possible support people. Read the following characteristics and check those appropriate for each person.*

<b>Possible Support People:</b>	1)	2)	3)	4)	5)	6)
<b>Characteristics of Helpful Support People</b>						
Have available time for you						
Are responsible and follow through						
Appear committed to really assist you						
Give honest feedback in a helpful way						
Recognize when you are heading toward trouble						