

# Community Support Checklist

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

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

*Use this worksheet as a reminder of what to look for, and what to avoid, when selecting community support people.*

## **People To Seek Out:**

- Those who have the time to be available to you if you really need them.
- Those who are responsible enough to follow through.
- Those who are committed enough to really assist you.
- Those who can give you honest feedback.
- Those who understand your pattern and when you are in trouble, sometimes even before you do
- Those who have positive attitudes toward prosocial behavior.

## **People To Avoid:**

- Individuals who in any way would encourage you to maintain antisocial attitudes by accepting many of the distortions that are related to your criminal behavior.
- Individuals whose lifestyles are risky in that they may use drugs and/or alcohol, engage in criminal behavior, or encourage you to commit crimes.
- Individuals who do not value positive relationships and behavior.