

Name \_\_\_\_\_ Date \_\_\_\_\_

CORE COMPETENCY #10 - SUPPORT SYSTEMS

SUPPORT SYSTEM INVENTORY:

Who do you tend to rely upon for support in a difficult situation?

Spouse or Significant Other

Family

Friends

Peers

Support groups

Pets

Counselor

If you have a conflict with someone who can you rely upon to seek support?

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Is your support system adequate or does it need to be improved?

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How has your support system help you resolve conflicts?

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Do you think your support system contributed to the domestic violence incident?

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