WB 1.10 — The Team

Expands on Chapter 10 (The Team) in the manual, Chapter 9 in Shoulder the Bill.

> **Purpose** Regulation is not a solo sport. The Team page maps who is actually available to you, names the gaps, and gives you language to activate support instead of isolating when you most need it.

How to use this page

When: Fill the team map during a calm state so it is ready before a hard moment. Notice the kind of help you need but rarely ask for — that gap is usually the important one.

Done when: You have named at least one person per support type, one gap, and a phrase you can use to reach out.

Worked example

Emotional support: my sister. Practical help: my neighbour. Honest perspective: an old mentor.

The gap: I never ask for practical help — I try to do everything myself.

A phrase I can use: 'I am having a hard week — could we talk for ten minutes?'

Anchor Phrase: ***'We do this together.'***

Protocol: 1. Identify your team. 2. Name gaps. 3. Activate rather than isolate. 4. Be specific.

Loop stage: Connect → Recover

My people for emotional support, practical help, honest perspective, and professional support:

One gap in my team:

The kind of help I most often need but least often ask for:

A phrase I can use when reaching out:

A phrase I can use when helping someone else:

What I get from the people on my team — name it plainly; support that only runs one way builds a debt: