

WB 6.1 — Support Network Map

Map your people by how often you connect.

Purpose Support works best when it is mapped before you need it. This page sorts your people into daily, weekly, and professional rings, and by the kind of help they offer — so in a hard moment you know exactly who to reach and for what.

How to use this page

When: Fill in during a calm state. The gap you notice is usually the important one.

Done when: You have named people across the three rings and identified one gap to fill.

Worked example

Inner ring: my partner and sister. Middle ring: two friends, a mentor.

Gap: I never ask for practical help. Action: ask my neighbour this week.

Anchor Phrase: ‘We do this together.’

Loop stage: Connect → Recover

Inner ring — daily co-regulation (1-3 people), names and how to reach them:

Middle ring — weekly connection (3-5 people), names and how to reach them:

Outer ring — professional, crisis, and community supports, including peer and lived-experience groups (see WB 6.2):

By type — emotional support, practical help, honest perspective, professional:

One gap I notice, and one action to fill it:

☐ Self-Reward Loop completed