

## WHO AND HOW?

Please answer the questions below. The therapist/worker will then discuss your answers with you.

**Q1. Who is important in my life?**

**Q2. If I were to ask any of the above people to help me to get to where I want to be with my current issue, who would I ask?**

**Q3. How could they help me (just being there, help me with specific tasks, notice my progress, etc.)?**

**Q4. Who is the first person I am going to ask to help me? What am I going to ask them to do that is helpful?**