

Who's Got Your Back?

Think about who is in your life. Fill in the blanks to create a list of people who have your back.

- ☐ I ALWAYS FEEL COMFORTABLE WITH...
- ☐ I CAN TELL ANYTHING TO...
- ☐ PEOPLE WHO HELP ME TO SOLVE PROBLEMS ARE...
- ☐ PEOPLE WHO MAKE ME FEEL VALUED ARE...
- ☐ PEOPLE WHO TAKE MY CONCERNS SERIOUSLY ARE...

