



ENABLE EXERCISE #2

My Interpersonal Network

If you envision yourself as the hub of your social network and extend outward, you can describe how you utilize each, what needs of yours are being met, and how satisfied you are. Strong social networks are associated with personal and professional success, physical health, and psychological well-being. How's your interpersonal network?

Spouse/Partner/Significant Other

What type of support do I give and receive from this network?

How would I describe my level of *satisfaction*?

What can I do to strengthen this network?

Family/Friends

What type of support do I give and receive from this network?

How would I describe my level of *satisfaction*?

What can I do to strengthen this network?

Manager/Colleagues/Organization

What type of support do I give and receive from this network?

How would I describe my level of *satisfaction*?

What can I do to strengthen this network?

Community

What type of support do I give and receive from this network?

How would I describe my level of *satisfaction*?

What can I do to strengthen this network?