

## Positive/Negative Support

Not all social support is good support. As you move through this experience, it is important to spend as much time as you can with the positive people and to eliminate as much contact as you can with the negative people. The first task is to identify them.

<u>Supportive/Affirmative</u>	<b>FAMILY</b>	<u>Diminishing/Lethal</u>
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<u>Supportive/Affirmative</u>	<b>FRIENDS</b>	<u>Diminishing/Lethal</u>
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<u>Supportive/Affirmative</u>	<b>WORK</b>	<u>Diminishing/Lethal</u>
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<u>Supportive/Affirmative</u>	<b>FAITH COMMUNITY</b>	<u>Diminishing/Lethal</u>
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<u>Supportive/Affirmative</u>	<b>NEIGHBORHOOD</b>	<u>Diminishing/Lethal</u>
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