HOW TO BEST SUPPORT ME

A worksheet to help me think about what support I need in different situations.



THE SITUATION

What is happening right now? What situation, challenge, event, or need am I talking about?



WHERE

Where do I need support most in this situation? At home, school, work, community, appointments, or somewhere else?



WHO

Who are the people I want involved? Who helps me feel safe, understood, and supported?



HOW

How do I want people to support me? Listening, checking in, giving choices, staying calm, helping me plan, giving space, reminding me, advocating, or something else?



WHAT

What specific help do I need in this situation?

- ☐ Listen to me
- ☐ Help me make a plan
- ☐ Give me choices
- ☐ Give me space
- ☐ Stay with me
- ☐ Remind me
- ☐ Help me communicate
- ☐ Problem-solve with me
- ☐ Something else: _____



WHEN

When do I need support? Before, during, after, at the first signs of stress, only if I ask, or on a schedule?



WHAT DOESN'T HELP

What makes support harder or less helpful for me in this situation?



HOW I KNOW I NEED SUPPORT

What signs show I may need help? (Body signals, emotions, behaviors, or stress signs)



MY SUPPORTS IN THIS SITUATION

What are my best supports for this situation?



ONE NEXT STEP

What is one small next step that would help right now?



IMPORTANT TO REMEMBER

The best support starts with listening to me and understanding what I need in this moment.