
My Thoughts about Social Supports Worksheet

Thoughts about deserving help:

*My medical bills are costing a fortune.
I can't ask for more.*

New helpful thoughts:

*I would do the same and more for them.
It's ok to receive.*

Thoughts about successfully getting help:

I've asked before. This will never work.

New helpful thoughts:

*Maybe I asked the wrong person at the wrong time.
It's worth another try.*

Thoughts about support being effective:

There is nothing anyone can do.

New helpful thoughts:

Even if they can't cure me, we can enjoy our time together.

Thoughts about accepting help

I'm a giver, not a taker. I feel so needy!

New helpful thoughts

Sometimes allowing others to care for us is a gift to them.