



Goalistics  
goal-based behavior change

# Social Support Monitoring Form

**INSTRUCTIONS: This is a Self-Monitoring Activity.** The purpose of this self-monitoring activity is for you to discover the kind of support that is most helpful to you. Monitor the support you receive over **two days**. Print several copies of this form. Schedule your monitoring on your calendar. Record any type of support from anyone on this Monitoring Form. After two days, review what type of support seems to be actually helpful and what may have a negative effect.

Describe the support:	<p>As you have learned, not all support is <i>actually helpful</i>. Overall, how helpful was the support?</p> <p>1   2   3   4   5</p> <p>Not at all helpful                      Extremely helpful</p>	Describe the positive benefit, if any.	Describe the negative effect, if any.	Who provided the support?	Would you like more of this support from this person in the future? (circle one)
					yes      no
					yes      no
					yes      no
					yes      no
					yes      no
					yes      no