Coals and Diamonds

Use this activity to help clarify for you who you really need to seek support from for different needs. We can think of ineffective supports as coal. It is a form of support (carbon) that you can use but is not necessarily ideal. Effective supports are strong and reflective of our needs in the moment. Let's call these our diamond supports. This does not mean those that provide you coal cannot, with refinement, start providing diamond support. For now, we want of focus on the immediate effective supports. You might already implicitly know who is good for you for different needs and this is an opportunity to clarify this knowledge. Or perhaps you have an area in life you feel like you have no social support and need to find an outlet. Or you have supports you go to but are not sure if they are effective.

Review the common areas of life below. You may recognize these from the Life Values Inventory activity from the Values module if you completed that activity.

Common Life Areas

Physical well-being

Family relationships

Intimate relationships

Mental/Emotional health

Friends/social relationships

Employment/career

Education/personal growth

Hobbies/Recreation

Spirituality

Citizenship/Community

Select 4-5 of these areas that you have noticed recently being more difficult than usual. Write the name of each area below on the left. Then identify more specifically what your needs are. For example, if it is intimate relationships, maybe the need is a lack of feeling connected to your partner.

Then identify your coal support—the type of statements, suggestions, activities, etc., that people might do that are not helpful for you in that area of life right now.

Next identify your diamond supports—those statements, suggestions, activities, that people can do that would be most helpful for you right now.

Finally, identify a person that can be your diamond supplier.

Life Area			