

## MODULE 5 ACTIVITY

# Coals and Diamonds

Use this activity to help clarify from whom you should seek support for different needs. We can think of ineffective supports as coal. This 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. We'll call these our diamond supports. This does not mean that those who provide you coal cannot, with refinement, begin providing diamond support. For now, we want to focus on 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 in which you feel you have no social support and need an outlet. Maybe you have supports you can seek out, but you are not sure how effective they are.

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

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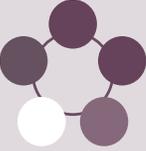
**Directions:** Select four or five of these areas that recently have been more difficult than usual. Write the name of each area above on the right. Then identify more specifically what your needs are. For example, if it is intimate relationships, you might seek improvements to your connection with your partner.

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Identify your coal supports—the statements, suggestions, or activities that people might offer that are not helpful for you in that area of life right now.

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

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

 <b>LIFE AREA</b>	 <b>COAL SUPPORT</b>	 <b>DIAMOND SUPPORT</b>	 <b>DIAMOND SUPPLIER</b>