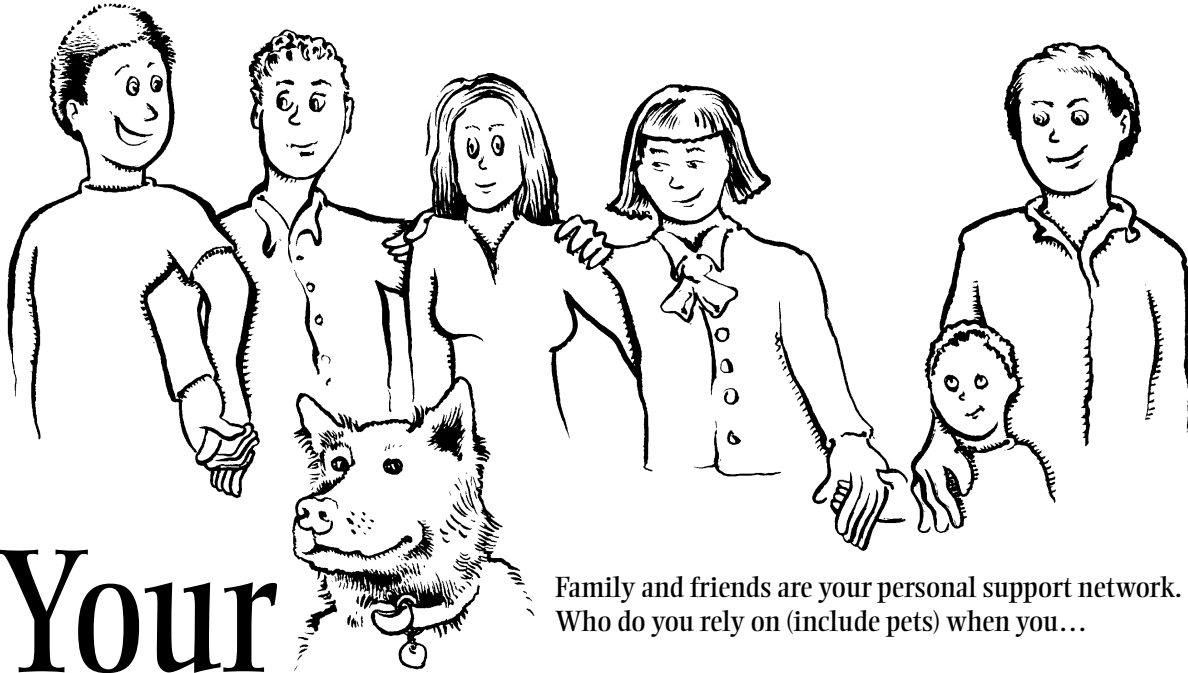




CIGNA Behavioral Health



Your Personal Support System

Family and friends are your personal support network. Who do you rely on (include pets) when you...

- need a hug? _____
- want to learn new things? _____
- want acceptance and approval? _____
- have a financial problem? _____
- want to play? _____
- want to explore new ideas? _____
- want sound advice? _____
- have a problem? _____
- need help with your kids? _____
- need to share grief or sorrow? _____
- need emergency help? _____

Do you rely on one person for many things? If so, perhaps you need to broaden your base of support. List two or three others whom you could call on:
