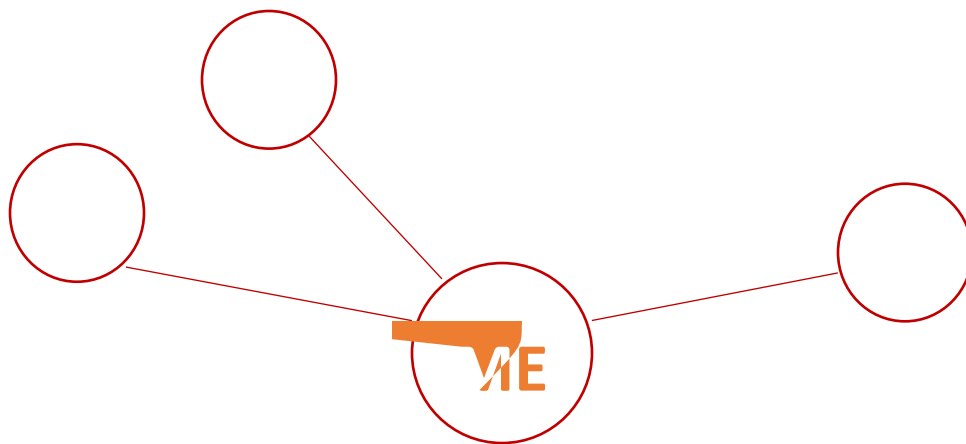


**Who do you turn to when you need understanding, honest feedback, encouragement, support, or assistance?**

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## **EXERCISE FOUR**

**Support systems can be disappointing at times, difficult to establish, take energy to maintain, and even become counter-productive.**

**Appreciate yours and make it as simple as you can.**