Supporting Each Other



Process

(1) Think through and write down the type of support you need now, and three concrete ways that your partner can give this to you, (2) Walk each other through your lists explaining why this support is important to you, and commit to each other to provide it, (3) Figure out and write down together virtual support systems you can rely on.

What balance of support do you each need? (Mark an X on the scale)

50:50 100% Emotional 100% Practical **Emotional and Practical** Partner 1: What are the ways your partner can best support you? Partner 2: What are the ways your partner can best support you? What virtual support systems can you set up to help you both?

This accompanies installment 7 of Couples That Work @ Home: The Survival Series

