



# Support System Strength (SSS)

List those with whom you currently Share, Listen, or Both. Then total each column for each category.

			S	L	B				S	L	B				S	L	B	
<b>FAMILY</b>					<b>FRIENDS</b>					<b>SPIRITUAL/RELIGIOUS</b>								
<b>WORKPLACE</b>					<b>NEIGHBORS</b>					<b>HOBBY</b>								