

What does social support mean to you?

People have their own individual opinions about what makes a relationship supportive. They also have their own perspectives about what they want from their relationships and whether they are satisfied

Strategies for Starti

Strategies for getting closer to people

things together, to compromise, and to be there for them when they need you.

- *Close relationships involve gradually increasing the levels of disclosure between people.*
- *It is important to develop a support system that works for you as an individual.*