Social Wellness

Social wellness involves creating and sustaining healthy, supportive relationships. Wellness in this area means considering how to connect with others and create community.

Social Wellness Assessment

On a scale of 1 to 10, how much do you AGREE or DISAGREE with these statements?

1 = Strongly AGREE  
10 = Strongly DISAGREE

1. I have a STRONG SUPPORT NETWORK of people who understand me.

   1  2  3  4  5  6  7  8  9  10

2. I try to maintain POSITIVE RELATIONSHIPS with people.

   1  2  3  4  5  6  7  8  9  10

3. I COMMUNICATE WELL with others and consider myself a GOOD LISTENER.

   1  2  3  4  5  6  7  8  9  10

4. I try to CONSIDER THE FEELINGS of others.

   1  2  3  4  5  6  7  8  9  10

5. I can TAKE RESPONSIBILITY AND APOLOGIZE if I have affected someone else.

   1  2  3  4  5  6  7  8  9  10

6. I choose partners or dates who are RESPECTFUL OF MY NEEDS.

   1  2  3  4  5  6  7  8  9  10

7. I ENGAGE WITH MY COMMUNITY by participating in activities or volunteering.

   1  2  3  4  5  6  7  8  9  10

8. There are people in my life that I TRUST.

   1  2  3  4  5  6  7  8  9  10
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Showing Up for Your Social Life

What actions would be MOST helpful in improving your relationships? Rank the actions below from 1-10, based on their importance in building stronger, more supportive relationships.

1 = MOST Important      10 = LEAST Important

I would like to be a BETTER LISTENER to my friends, family or, partner.

I would like to plan more ACTIVITIES to participate in with my friends, family or partner.

I would like to take more time to VOLUNTEER in my community.

I would like to MEET NEW PEOPLE.

I would like to join a SUPPORT GROUP with my peers.

I would like to have a regularly scheduled MEETING with a particular friend.

I would like to work with a MENTOR, professional or personal.

I would like to get in LESS ARGUMENTS with people that I care about.

I would like to do more ACTS OF SERVICE for the people that I care about.

I would like to REKINDLE A RELATIONSHIP with someone I haven’t seen in awhile.

Consider Your Priorities

1. How does the above ranking make you feel about your social skills and priorities?

2. What are some steps you might want to take to get better at something identified on the list above?

3. What is already going well, based on the list above?
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Relationship Reflection

Answer the following questions to help you reflect further on your relationships.

1. Write the name of someone you trust. Why are they trustworthy to you? How did they gain your trust and how do they maintain it?

2. Write the name of a family member who is supportive of you. What do they do to support you? How might you lend them support?

3. Write the name of a person you admire. Why do you admire them? What makes them a valuable person to know?

4. Write the name of a person who you have a challenging relationship with. Why is the relationship challenging? What might you do to improve it?

5. Write the name of someone you would like to know better. Why do you want to know them better? What might you do to connect with them more?
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JOURNAL PROMPTS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Describe a relationship that is meaningful to you. What does that person do to make you feel valued? What is your communication like? Why is this person important to you?

2. Have you ever had a mentor? What wisdom has that person shared with you that has been useful to you?

3. Do you ever feel that symptoms make you want to be less social? What are some ways you can stay connected to others even if you feel like isolating?

4. Write down some people who have helped you. Why and how did they help? Would you be able to help others in the way that they have supported you?

5. List the top 3 people you spend time with. How do they affect your day to day life?

6. If you didn’t have to worry about the opinions of others, how might your life be different?

7. What are some ways you can give back to your community?

8. Is there someone in your life that you would like to do more for? How can you reach out and offer help or support to this person?

Visit the DBSA website for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.

DBSAAlliance.org/WellnessWheel