

# Social Atom - My Support Universe

Map your relationship network

Printable worksheet · 1 part

Name \_\_\_\_\_ Date \_\_\_\_\_

Social Atom Recovery Worksheet

Map Your Support Network & Recovery Relationships

## About This Activity

The social atom is a visual representation of all the individuals, groups, and institutions that are emotionally significant in your life. This tool helps you understand your support network and identify relationships that impact your recovery journey.

How to use: Drag symbols from the left panel onto the canvas to represent people in your life. Double-click on placed symbols to label them. Click "Connect Symbols" and then click two symbols to draw connections.

## Symbol Library

### Living People

#### Deceased

×

×

#### Pets

#### Institutions

Start by placing a symbol for yourself in the center

Then add the important people in your life around you

Drag symbols • Click to select • Double-click to label

## Symbol Legend

Female

Male

×

Deceased

Pet

Institution

### **Reflection Questions**

How do you feel as you look at your social atom?

What words would you use to describe your support network?

Who in your social atom supports your recovery?

Which relationships might challenge your recovery?

Where is there unfinished business in your relationships?

Do you see any patterns in your social atom?

Who is moving closer or further away in your life right now?

Who else could you add to strengthen your recovery support?

Is there anyone you purposely did not include? Why?

What next steps can you take to improve your support network?

# Connect Symbols

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