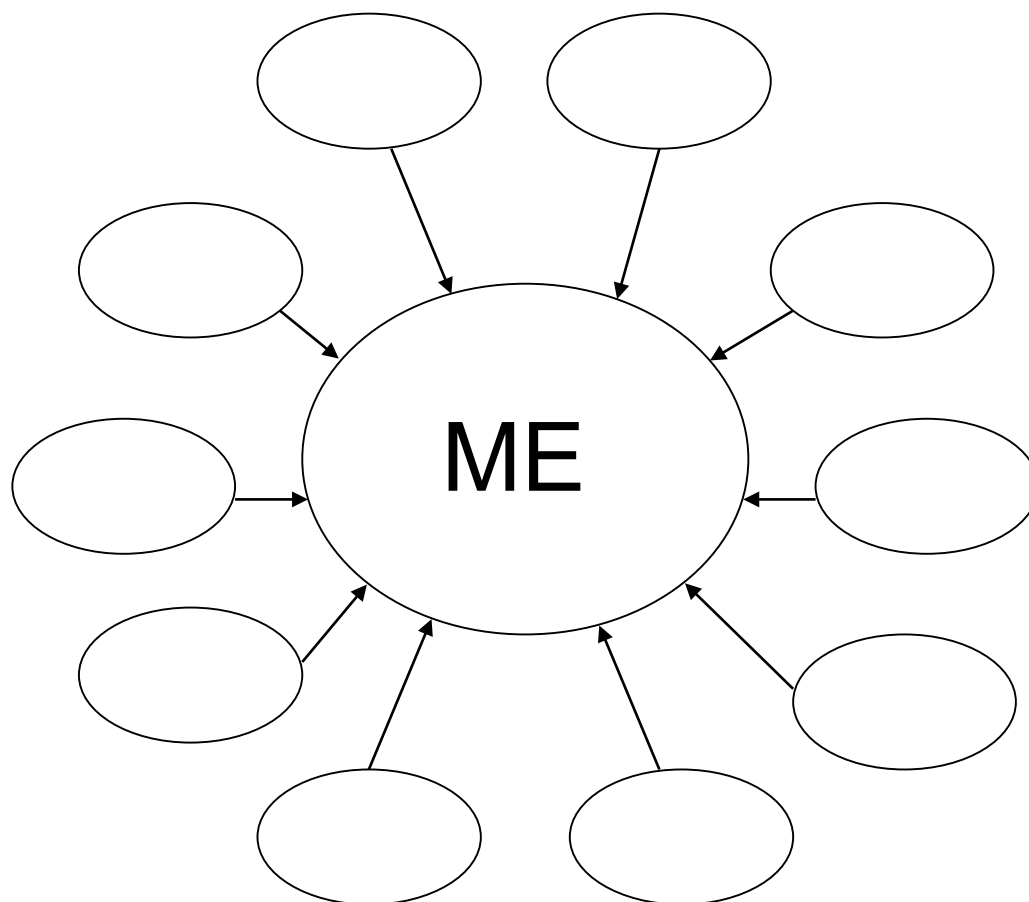


Mapping Our Support System

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The purpose of this diagram is to describe how our significant others, friends, family, co-workers, group members, counselors, judges, P.O.s, and everybody else we interact with who influence us. These are the people we listen to when we hold or change attitudes.

1. Write the name of person or group in the oval who is somehow involved with your life. Add any celebrities and heroes. Add ovals if necessary.
2. Draw a plus sign (+) next to each oval who IS SUPPORTIVE of your recovery or making the changes you want to make.
3. Draw a minus sign (-) next to each oval who IS NOT SUPPORTIVE of your recovery or making the changes you want to make.
4. Do you have more pluses than minuses? About the same number? Could you add more positive influences?
5. How do you feel about TURNING DOWN THE VOLUME of those with negative influences and TURNING UP THE VOLUME of those with positive influences? Could altering how we evaluate influences help us reach our recovery goals?

Source: Wagner, D.A. (2014). The marketing of global warming: A repeated measures examination of the effects of cognitive dissonance, endorsement, and information on beliefs in a social cause. Proquest Digital Dissertations, Cypress, CA: Trident University International.