

A PRINTABLE WORKSHEET · GM HEALING HUB

My Support Circle

The people who walk with me through GM



You were never meant to walk this road alone.

Fill this out slowly. Let it remind you who is in your corner.

MY NAME

DATE

My Emergency Contact



The person to call first — in a medical or emotional emergency.

FULL NAME

RELATIONSHIP TO ME

PRIMARY PHONE

SECONDARY PHONE

EMAIL

HOME ADDRESS

BEST TIME TO REACH THEM

NOTES (ALLERGIES, ACCESS, ETC.)

Backup emergency contact

FULL NAME

RELATIONSHIP

PHONE

EMAIL

People I Can Call on a Hard Day



Safe people who listen without fixing. Write down at least three.

1.	NAME	PHONE / HOW TO REACH
	BEST FOR (LISTENING, PRAYER, LAUGHTER, QUIET COMPANY...)	
2.	NAME	PHONE / HOW TO REACH
	BEST FOR (LISTENING, PRAYER, LAUGHTER, QUIET COMPANY...)	
3.	NAME	PHONE / HOW TO REACH
	BEST FOR (LISTENING, PRAYER, LAUGHTER, QUIET COMPANY...)	
4.	NAME	PHONE / HOW TO REACH
	BEST FOR (LISTENING, PRAYER, LAUGHTER, QUIET COMPANY...)	
5.	NAME	PHONE / HOW TO REACH
	BEST FOR (LISTENING, PRAYER, LAUGHTER, QUIET COMPANY...)	

Who Can Drive Me to Appointments?



Some appointments and procedures require a driver. Line up a few options in advance.

Option 1

NAME

PHONE

AVAILABILITY (DAYS / TIMES)

NOTES

Option 2

NAME

PHONE

AVAILABILITY (DAYS / TIMES)

NOTES

Option 3

NAME

PHONE

AVAILABILITY (DAYS / TIMES)

NOTES

Option 4

NAME

PHONE

AVAILABILITY (DAYS / TIMES)

NOTES

Meals & Childcare Helpers



It's okay to receive. Who has offered — or who could you ask?

Meals

NAME 1	PHONE / NOTES
NAME 2	PHONE / NOTES
NAME 3	PHONE / NOTES
NAME 4	PHONE / NOTES

Childcare / pet care

NAME 1	PHONE / NOTES
NAME 2	PHONE / NOTES
NAME 3	PHONE / NOTES
NAME 4	PHONE / NOTES

What I Want My Family to Understand About GM



In your own words. This can be a conversation starter or a letter you share.

What GM is — in my words

What it feels like — physically and emotionally

What I need them to know or stop saying

What Kind of Support Helps Me Most



Check what feels right today. This can change — come back and update it.

- ☐ Someone to listen
- ☐ Practical help (meals, rides, errands)
- ☐ Prayer or emotional encouragement
- ☐ Company at appointments
- ☐ Help researching information
- ☐ Space and privacy when I need it

Other kinds of support I need right now

A note to myself

Asking for help is a form of strength. You are worth showing up for.
