

Support Profile Reflection

*Redefine what support *actually* looks and feels like for you.*

When this might help:

- Support keeps missing the mark and you want to know why
- You're working out what actually nourishes you

The practice:

- "Support nourishes me when..."
- "I need less of _____ and more of _____."
- "Unspoken support I crave but rarely ask for is..."

Gentle fallback: One finished sentence is enough: "Support nourishes me when..."