



## A PERSONAL SURVEY: Getting Your Personal Safety Net Ready

	YES	NO	UNSURE
1. Do you like giving help?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you like getting help?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you comfortable asking for help for <u>yourself</u> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you comfortable asking for help for <u>someone else</u> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have at least 3 people in your life who could help you in a sudden crisis challenge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have at least 3 people in your life that could help you for 3+ months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have information on you that identifies: 1) your primary care doctor, 2) your medical insurance, and 3) contact information for those to notify in case of an emergency?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you carry contact information for any of your neighbors or someone who can get into your home/apt?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. If you were unable to communicate on your own behalf, would your emergency contacts know how to find the information they'd need to be helpful to you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Would your emergency contacts know how to reach each other?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. When you are helping <u>someone else in a crisis</u> , are you able to ask for support for yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- If you answered "Yes" to all 11 questions, congratulations! You have many of the important fundamentals of a great personal safety net in place.
- If you answered "No" or "Unsure" to even one of these questions, you may have a hole in your safety net. Holes like these can dramatically affect your quality of life, especially when you are facing a crisis.
- You can fix some holes easily. Within the next three days, set about the task of amending your personal safety net so that you can answer "Yes" to as many of these questions as possible.

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