

Exercise 11

*J*ot down names of folks you'd like to consider for your team—and why you want them on your team. Suggestions follow; of course you don't need every person below for your team:

- ❖ Friends
- ❖ Relatives
- ❖ Pastor, priest, rabbi, lay church counselors
- ❖ Therapist
- ❖ Physician
- ❖ Coach
- ❖ Lawyer
- ❖ CPA
- ❖ Groups (AA, Al-Anon; Weight Watchers, etc.)



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