Social Support Shorts Episode 4: Support Superpower 2 – The Cheerleader

Well hello again friends, my name is August and welcome to Social Support Shorts. This is Episode Four. Last time I reviewed the Listener's Support Superpower with you – that person who provides the willing ear.

Our next type of support, the official name is esteem support, but the Superpower that we like to call it is The Cheerleader.

And now, I can certainly say in my life there have been times when a new challenge has come up, and honestly, I didn't think I could handle it. Has that ever happened to you?

Well, I had a person in my life who was able to tell me that I could do it. They pointed out the things I've done in the past, maybe they were similar, maybe they weren't, and how I thought that maybe I couldn't do those things, but I ended up doing them. And it was those reminders that really helped me to realize just how capable I am.

Perhaps you have someone in your life whose Superpower is The Cheerleader. The people you can go to when you are experiencing something new.

And this can be really important as a caregiver because new things are going to occur, right? You've probably already experienced this – there's always going to be new challenges.

You may have someone in your life who will be able to say: "Well, remember when learning to schedule for the person you provided care for was a challenge? Do you remember when you thought you weren't going to be able to help them with organizing their schedule? Do you remember when you thought that it was going to be a challenge to schedule both your own life and their life together to meet everyone's needs? Well, you did it, and you did it well. And you can do this next thing well, too."

It could also be a person who spontaneously notices that you're doing a good job and just comments on it. You know, you didn't even ask them, but they're noticing that you're taking things head-on, and they know that you're capable of doing it again and again. Those are our Cheerleaders.

And again, I would welcome you to start thinking about people in your life who may be your Cheerleader. So now, I am going to ask you to pull out that pen and paper and your Social Support Superpowers Worksheet, if you have it.

Still have to say that slowly, listeners, because it's a tongue twister. But the Social Support Superpowers Worksheet – wow, I did it again, alright – that you downloaded off of our website.

You can pull that out and we'll pause for a few seconds here for you to reflect on your Cheerleaders. Just jot some names down if you have them.

Alright, well, welcome back. We're you able to think of a name or two? That's great. If you didn't think of a name, that's okay too. Remember, that's why we're here, to help increase your level of support.

And again, maybe it's not someone in your personal life. Maybe it's some type of professional. It could be, again, a doctor or nurse practitioner if they've ever commented on your strengths while you're there for an appointment for the person you're providing care for. If they've ever noticed that you're doing a good job in providing that care. They would be someone to talk to about those new challenges.

But it could also be someone personally in your life as well. It's all about exploring and just thinking about it.

Maybe if you weren't able to do it in the five or so seconds that I offered you, you can do it after this episode. Just think about it a little more. Otherwise, again, that's what we're here for. Maybe we'll think of one down the road.

But for now, I'd just like to thank you again for taking this journey with me. Next time, we're going to find out about the third Superpower, The Doer.

But for now, this is August, signing off of this episode of Social Support Shorts. Thank you very much.