Social Support Shorts Episode 7: Matching the Support Superpower

Well, welcome to a new episode of Social Support Shorts. This is August, and we're at Episode Seven. I'm really excited to have you here.

Last time we talked about Superpowers. We talked about the Listeners, we talked about the Cheerleaders, the Doers, the Knowers.

Now, one thing I want to acknowledge is that no one person in our lives typically is going to have all of these Superpowers.

Everyone has their own kind of Superpower strength, and maybe, if they're lucky, someone has two. It's just the way that they show us support and the way that they show us love.

The challenge is that sometimes we need one type of support, and then we go to the wrong individual for that type of support. It doesn't match their Support Superpower and then, we're left feeling a bit disappointed.

I can definitely remember times when I've gone to someone and I just needed that willing ear.

I needed someone to listen to me, and I went, I discussed my problems, I let it all out, and then that person immediately jumped up and started problem-solving for me. They started looking for knowledge. Well, they were a Knower, they weren't a Listener.

Now, other times I might actually want to know how to do something. I might be asking for some guidance, and then all of a sudden, the person jumps up and they start doing it for me.

Well, they were a Doer, not a Knower, and that's not really what I wanted in the moment. I wanted to know how to do it – there was a mismatch. They're showing me that they love me, they want to do this for me, but it wasn't really helping me in that moment.

Has that ever happened to you? Can you think of times in your life where you went for that willing ear and the person obviously wanted to support you, but it ended up not being in the way that you wanted?

They weren't able to sit down and listen because they were a Doer or a Knower. How did that make you feel?

For me, I was left feeling disappointed, let down, not listened to. My feelings weren't really validated. And it happened enough to me that I started to realize that I need to take stock of the people in my life and really understand them.

I needed to know who are my Listeners, who's my Cheerleader? Who are my Doers, my Knowers?

And that way, when I needed support, I can actually take a moment and think about what type of support I need. Then I can go get it from one of the people who fit that support need. And when I do that, I feel more fulfilled, I feel supported.

And then I feel better equipped to tackle whatever problem is in front of me. I don't feel shut out. I'm not left feeling worse, thinking that I don't have support.

And the reason I'm talking about this is because for all of us, it's so important to start thinking about the people in our lives and what their Support Superpower is.

That way, in moments where you're left feeling unsupported, you may have a new strategy to move forward and access support that may actually fit your needs and leave you feeling more fulfilled.

And now, as with many of the episodes, I'd like to invite you again to think about that. Now I know over the last few episodes you may have jotted down some names, and if you haven't yet, I'd invite you to actually download the Social Support Superpowers Worksheet from the site that you're listening to this podcast on.

The only reason I'm suggesting this, actually kind of urging you to do it, is because then you can systematically, on the Social Support Superpowers sheet, transfer the names that you've been writing down over the last few episodes to whatever heading you think they might fall under for each of the four Superpowers.

It's easy to keep up on your fridge or up on a wall or a memo board, whatever it is, but somewhere where it's particularly noticeable.

And that's so that next time, when you're experiencing a challenge, and you feel like you need some support, you can kind of look up at it and think about what type of challenge it is.

Do I need physical supports? Do I need knowledge? Do I need some type of pick-me-up for esteem? Some reminder of how well I can do things?

Well, then, in the first situation, I might need a Doer or the next one a Knower, and of course, you might have recognized the other one as being The Cheerleader.

And try to match it up, take little experiments, you know, little risks in matching up the Superpower or your support need to the Superpower that's on the list.

And again, if you don't have many people on your list right now, that's okay too. This is just the start of our journey.

The next step is that we are going to be looking at tips or tricks for increasing the level of support you have.

But before we do that, we're actually going to have a recap episode and that's just because I've thrown a lot at you, haven't I? I just want to make sure we're actually on the same page, that we're speaking the same language, the same lingo.

So, the next episode's recap we'll help with that, and I'd really invite you to join me then.

I'd also invite you to have that pen and paper handy because it's a recap. We're going to be doing a review.

Maybe you might want to have all your notes available so that if something new comes to you, you can add to your notes. Something might strike you that didn't strike you before.

But for now, friends, this is August signing off of this episode of Social Support Shorts and I'm looking forward to continuing our journey next time. Thank you very much.