

THE SUPPORT AUDIT

*How to Tell the Difference Between
Applause and Backing*

A Narrative Clarity Tool from Tiffany Rewrites

Not all support is real. This audit helps you
identify who is clapping for you — and who
is building with you.

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BEFORE YOU BEGIN

Support and applause are not the same thing.

Applause is visible. Support is structural.

Applause feels warm in the moment.

Support feels steady over time.

This audit is not about judging people.

It is about recognizing patterns.

Who shows up when there is nothing to gain?

Who disappears when something requires effort?

Who encourages you publicly but withholds privately?

Not all encouragement is investment.

Not all celebration is backing.

This tool will help you identify:

- Who is clapping
- Who is building
- Who is benefiting
- And where you may be confusing noise for reinforcement

Move slowly.

Answer honestly.

You are not required to make excuses for anyone here.

Clarity is not cruelty. | it s calibration.

Step 2: Identify the Backing

Applause feels good. Backing costs something.

Backing requires time, access, reputation, effort, or resources.

This page helps you identify who is actually invested in your outcome.

Who Has Put Skin in the Game?

Name: _____

What did they risk or invest?

(Examples: introduction, money, time, reputation, labor)

_____	Was it consistent or one-time?
_____	☐ Consistent
_____	☐ One-time
_____	☐ Conditional

Name: _____

What did they risk or invest?

(Examples: introduction, money, time, reputation, labor)

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The Reality Check

Who has access that could help you but has never offered it?

Who waits until you succeed before aligning publicly?

The Cost Indicator

Backing leaves evidence. If someone disappeared tomorrow, would your structure collapse — or would nothing change?

Step 3: Integrate the Patterns

Healthy support is not applause or backing.
It is an integrated combination of both.

Use the table below to compare surface and structural support patterns.
Then review the questions to identify where these patterns converge in your life.

The Gap Analysis

Applause	Backing
Where do I receive applause?	Where am I supported structurally?

Where is there overlap?

The Decision Framework

- What am I consistently applauded for—but never materially supported in pursuing?
- Where am I deeply backed that I haven't recognized?
- Which relationships provide both applause and backing?
- Which invitations have loud applause but require unreciprocated effort?
- Where am I doubting structural support because I've been burned by applause?

What Would Alignment Change?

Who would be closest to me if I chose *only aligned relationships*?

Avoiding the gap is not closing it. Facing it is.

Step 4: Check the Patterns

Before you confront anyone, look for patterns.

Support is not what someone says once.
It is what they consistently fund, defend, or protect.

The Repetition Audit

When I share wins, they usually respond *with*: _____

When I share stress, they usually respond *with*: _____

When I set a boundary, they usually respond *with*: _____

When I ask for tangible help, they usually respond *with*: _____

Is their support conditional on:

☐ My availability

☐ My agreement

☐ My silence

☐ My continued caregiving

☐ My smminess

☐ My smallness

Is their support conditional on:

☐ My availability

☐ My silence

☐ My agreement

☐ My continued caregiving

☐ My smallness

Be careful: what someone withholds once is not random. It is incentive.

Step 5: Audit the Resources

Support costs something.

Time Money
Energy Reputation
 Comfort

If no one has paid a cost, you may only have applause.

Audit Table

Person	Emotional Support	Practical Help	Financial Support	Advocacy	Score 1–5

Who is actually invested in your outcome?

Who benefits from your exhaustion?

Be careful: what someone withholds once is not random. It is incentive.

Step 6: Consult Your Nervous System

Your body knows before your mind does.

When certain people offer “support,” what happens?

Audit Table

[illegible]

Write about the last time someone said they “support” you
but your body disagreed:

Step 7: Face the Indispensability Trap

Some people do not want you successful.

They want you necessary:

Because if you are indispensable:

- You cannot leave
- You cannot grow
- You cannot rest

Who depends on you staying overwhelmed?

What would shift if you were no longer needed in the same way?

What fears surface when you imagine being fully supported?

9.

Integration & Action Plan

You've examined your support ecosystem.

Now turn your insights into action.

Because if you are indispensable:

- You cannot leave
- You cannot grow
- You cannot rest

Reclassify: Who will you invest less of your energy and labor into?

Decide: What boundary shift or adjustment will you make this month?

Disrupt & Expand: To fund new support, what awkward conversation or ask needs to happen?

Backing attracts both risk and reward. Treat it as the resource it is.

Rewrite in Support

Take everything you've uncovered and write
your rewrite statement.

Use these prompts as your guide:

Reclassify: I no longer confuse _____ with support.

I will measure support by _____

I am willing to disappoint _____ in order to protect _____

The measure of real support is not applause — it is investment.
