

INNER CIRCLE: Circle of Confidentiality

List the people you trust and depend on the most

Who have you trusted and depended upon in an emergency?

EXAMPLES:

- ❖ Yourself
- ❖ Family members
- ❖ Friends
- ❖ Spouse or children
- ❖ Brothers or sisters

CIRCLE 2: Circle of Relationships

List close friends/family you would want at a meeting to support you.

EXAMPLES:

- ❖ Friends
- ❖ Neighbors
- ❖ Cousins, uncles or aunts
- ❖ Grandparents
- ❖ In-laws

CIRCLE 3: Circle of Community Involvement

List groups you belong to and places you like to go.

EXAMPLES:

- ❖ Church
- ❖ YMCA, Boys/Girls Club
- ❖ Sports
- ❖ Community Activities
- ❖ Library

OUTER CIRCLE: Circle of Services

List all the people who provide services or work with you every day.

EXAMPLES:

- ❖ Teacher/school
- ❖ Therapist/doctor
- ❖ Mentors/aids/volunteers
- ❖ Hairdresser
- ❖ Co-workers

A Snapshot of Support in your Life

