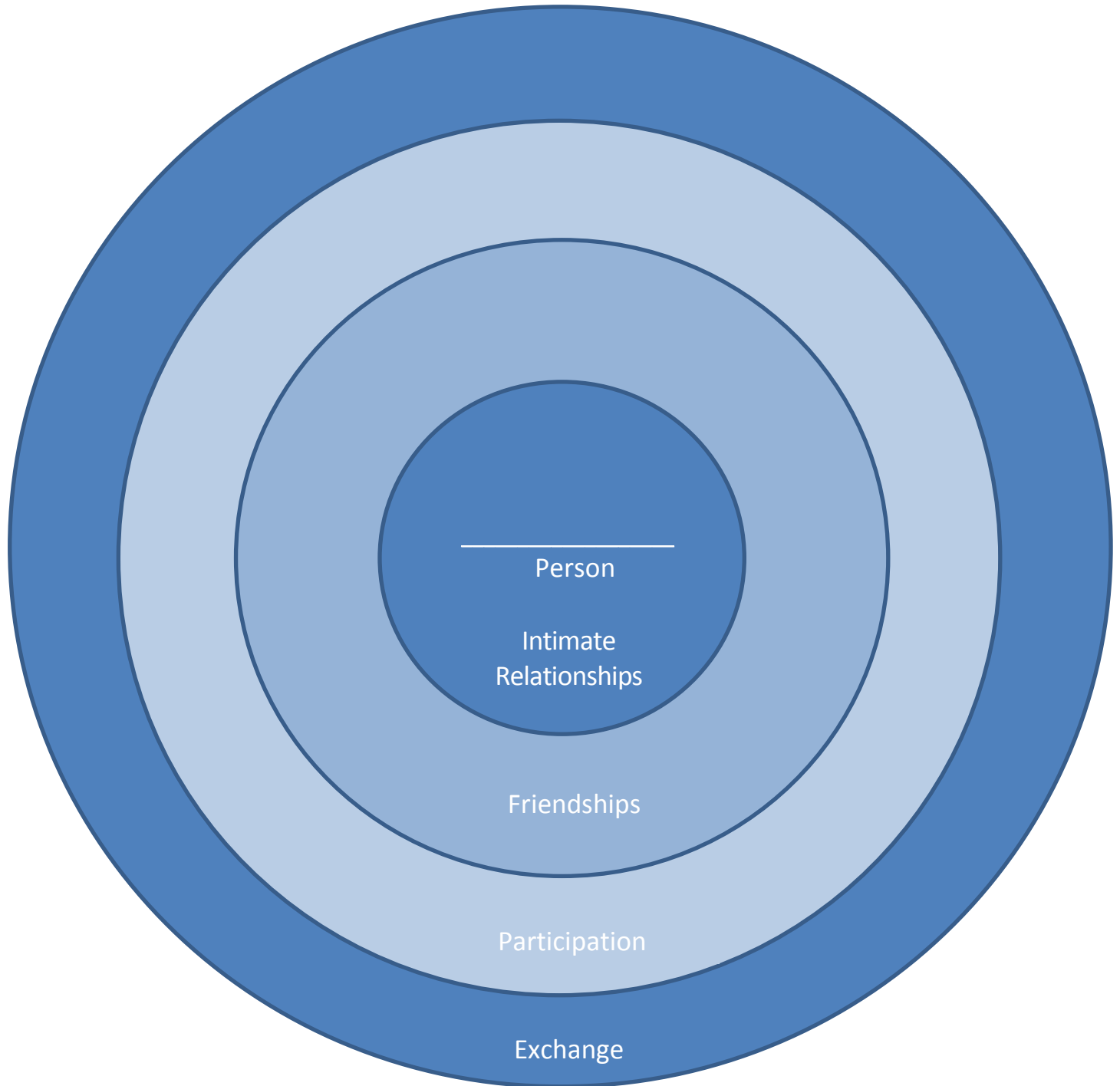


## CIRCLE OF SUPPORT FOR

(Individual's Name)



**Instructions:** identify the people who fit in each circle and write their names in the appropriate circle.

**The circle of intimacy** – You can't imagine your life without these people. They know you very well and you spend a lot of time interacting with them, often at home. You trust these people with the most personal parts of your life.

**The circle of friendship** – These people are close to you but not intimately involved. They don't live with you, share a bathroom with you or support you financially. You do share your dreams, good news and troubles with them.

**The circle of participation** – Most coworkers, local community, teammates, acquaintances and other people you interact with frequently (but are not your friends) fall into this category.

**The circle of exchange** – The last circle contains people with whom you do transactions. They can be your doctor, a hairdresser, home cleaner, bus driver, teacher, and so on.