

## **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

