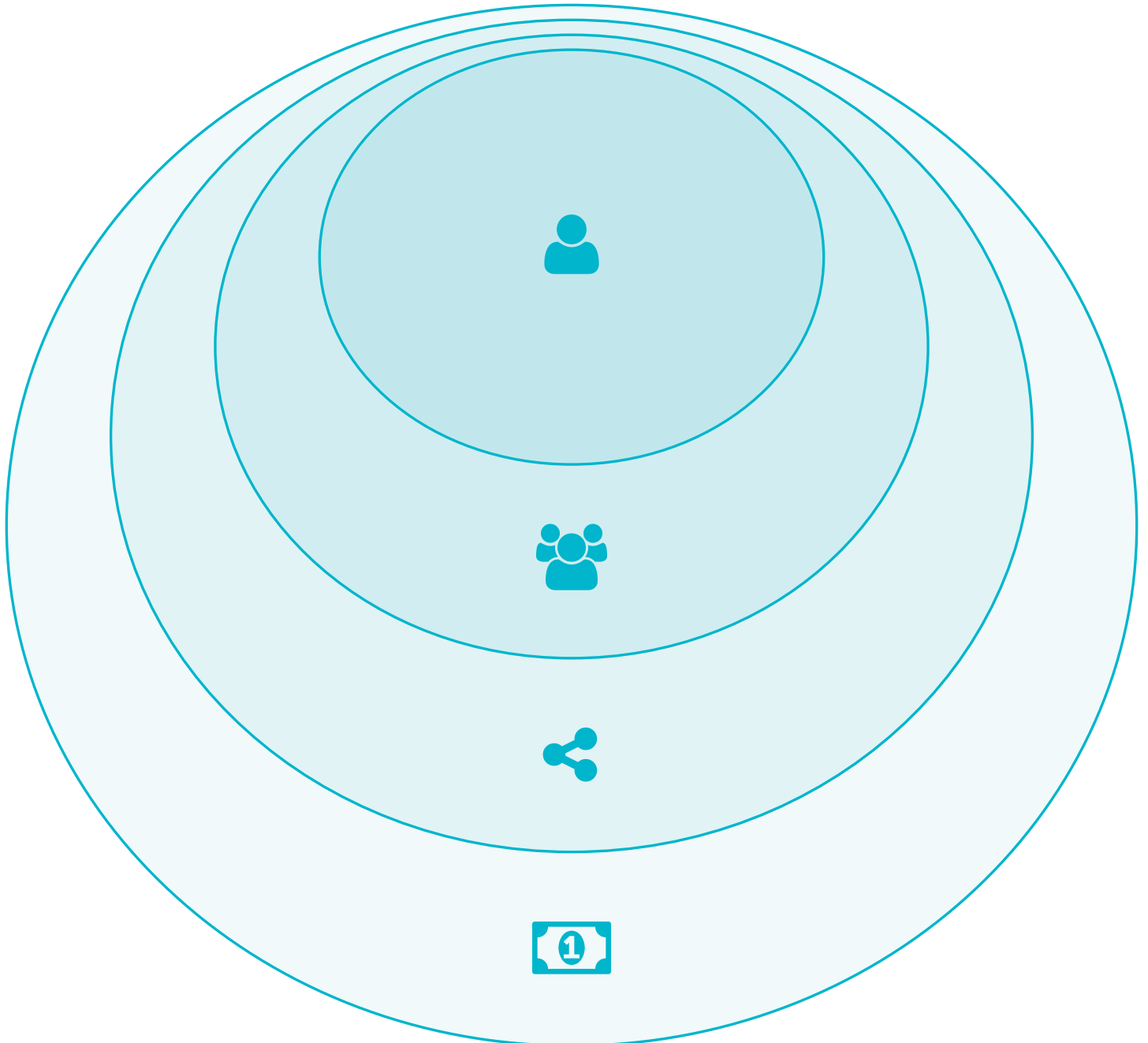


who is in my circle?

Use the Circles of Relationship to map out the people and relationships in your life. Each circle is described below.



circle of intimacy

People closest to you. Your life would be significantly impacted if they were not there. E.g. Parents, siblings, primary carer.

circle of participation

People within a group that you see as part of regular activities. It is in this Circle that relationships can be strengthened through a Circle of Support.

circle of friendship

People you see on a regular basis. You are friends, spend time together, and enjoy each other's company. E.g. Friends and relatives.

circle of exchange

People that you see daily or on a regular basis where money is exchanged in the process. E.g. Hairdresser, shop keeper.

