

Understanding Your Social Circles

Objective

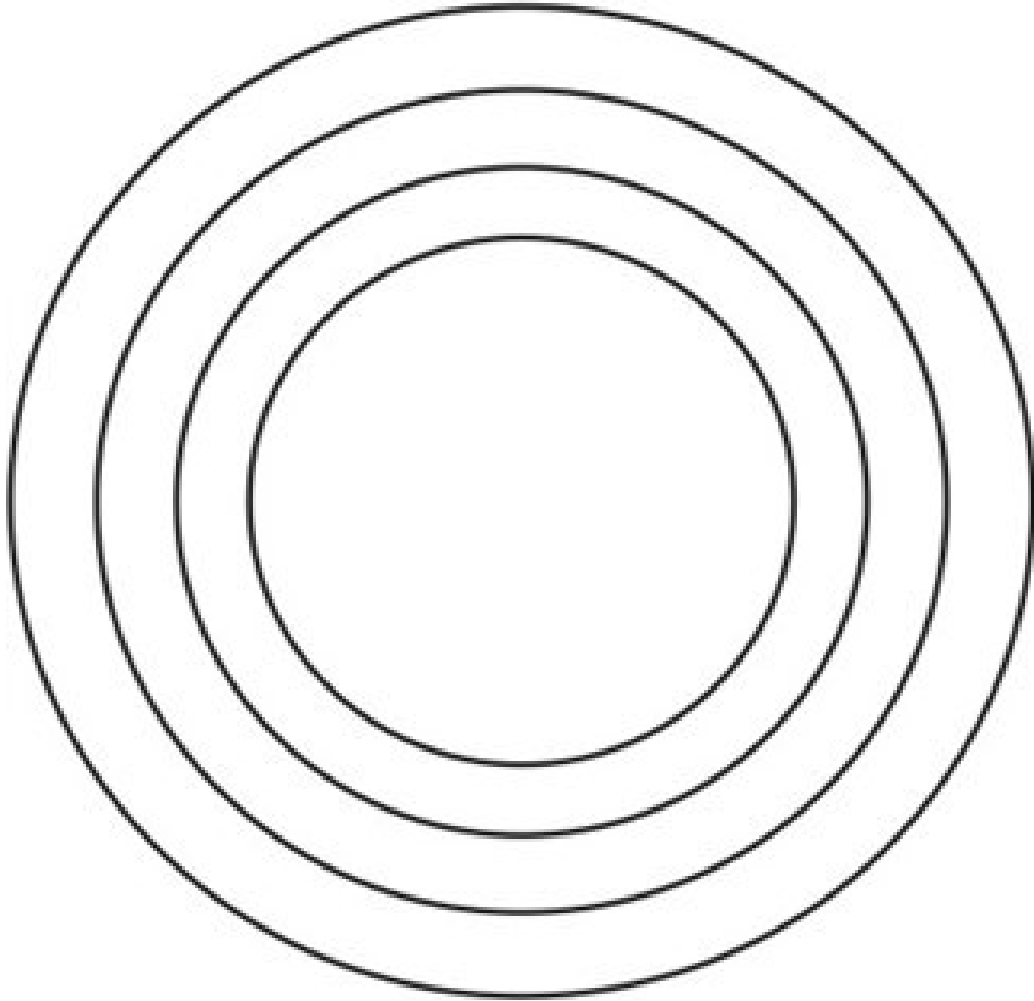
To identify your important relationships and determine which are the most stable and supportive.

You Should Know

Establishing stable, healthy relationships takes time, and you might need to evaluate the people in your social circles so you can identify who you can trust, who you can reach out to when you need support, and so forth. This worksheet will help you identify the people in your social circles so you can make changes if needed.

What to Do

First, take a few minutes to think about all of your relationships. Place yourself in the middle, and then write those peoples' names in the circles that show how close you consider them to be. Include everyone you can think of – family members, friends, co-workers, classmates, counselors, and so forth. For example, in the circle closest to “you,” you might include your closest friends or family members. The outer circle might include acquaintances or co-workers. Think about the roles each of these people play in your life. Also think about changes you might want to make to the different circles.



Which relationships are the most stable? Write down the names, roles they play in your life, and contact information:

Name	Role	Phone / Email
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Reflections on This Exercise

Do you have enough supportive people in your circles? Why or why not?

Which people in your circles do you trust the most?

Which relationships do you feel you want to change?

Who are the people you would like to be closer to?

Do you want add have new relationships you can add to your circles? Why is this important to you?

What type of people would you like to add? Explain.

Where might you meet these people?

What can you do to bring people closer?

What is one step you can make today to make changes to your social circles? Be specific.

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
