

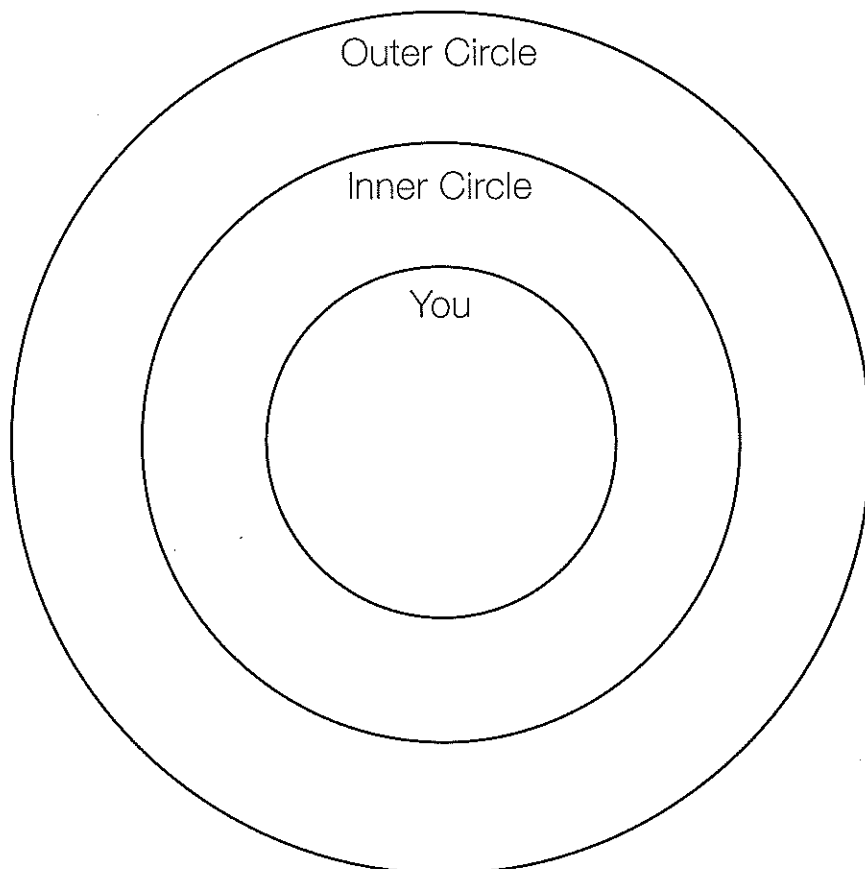
directions

Who is in your circle of support? Complete each ring of the circle with the following information:

You: Write what you need most from your support circle. For example, do you need people who will listen, understand what you're going through, and believe in you?

Inner Circle: Write the names of the people whom you reach out to the most. Who are you closest to in life? Who supports you during the hard times? Who celebrates your successes with you?

Outer Circle: Write the names of the people who are casual friends. These are the people whom you enjoy talking to, spending time with, and being around.



more to do

You chose the people in your circles for a reason, probably because each person fulfills a personal need. What *personal need* does each person in your circles meet?

Inner Circle		
Person's Name	Why I Choose This Person	Why I Need This Person
Aubrey	best friend since childhood	I trust her, and she is always there for me.

Outer Circle

Person's Name	Why I Choose This Person	Why I Need This Person

words of inspiration

You don't ever have to feel like you're alone because there are people that love you and understand what you are going through. All you have to do is identify them. ~Regan