

MAPPING YOUR CIRCLE OF SUPPORT



Having people in our lives who support us is one of the ways we can get through tough times and move toward our goals and dreams. It can be helpful to reflect on who is in our community, to notice the areas where there is a lot of support and areas where we might want to develop new relationships. This tool is designed to help with that reflection.

Below, there are six categories that correspond to the empty circles on the second page. Answer the following questions for each category by writing the name of a person in the matching circle. Feel free to answer with multiple names, and add your own questions if you are inspired! Oh, and your name goes in the middle circle!

FAMILY

- Which person in your family is most similar to you?
- Who do you go to for advice in your family?
- Who organizes family events?
- Who in your family do you wish you knew more about?
- Who comes to you for advice?
- Who depends on you?
- Who else comes to mind in this category?

HEALTH

- Who would you call if you were worried about an injury or illness?
- Whose lifestyle habits do you admire?
- Who do you enjoy doing playing sports or working out with?

RESIDENCE

- Who would you call to help fix something around your house or apartment?
- Who could help you figure out how to deal with a bad landlord?
- Who would let you crash at their place if you needed to?
- Which neighborhood do you have the strongest connections in?

EMPLOYMENT

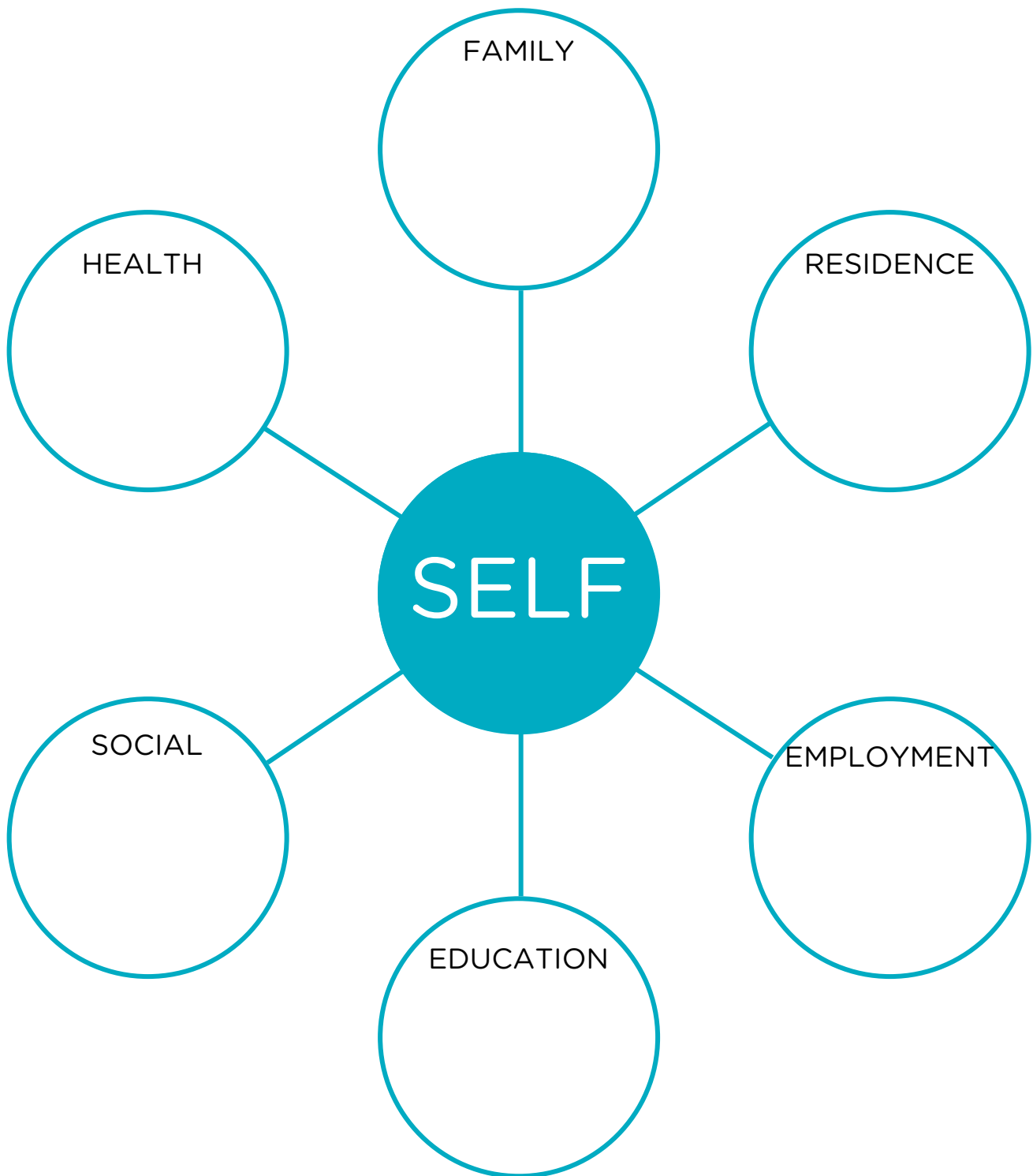
- Who is someone you know whose job or career you admire?
- Who can you talk to for advice on job applications or resumes?
- Who could be a reference for you in a job interview?

EDUCATION

- Who could you call for help applying to an educational program?
- Who are educators in your life that you feel inspired by?

SOCIAL

- Who are the people you call when you have free time?
- Who really gets you?
- Who can you be most vulnerable with?
- Who shares your interests and hobbies?
- Who reaches out to you the most?



REFLECTION QUESTIONS:

- Which category has the most names? The least?
- Were there people on the list that surprised you?
- Does one person's name show up in the most categories?
- How could you work on developing more support in categories with fewer names?