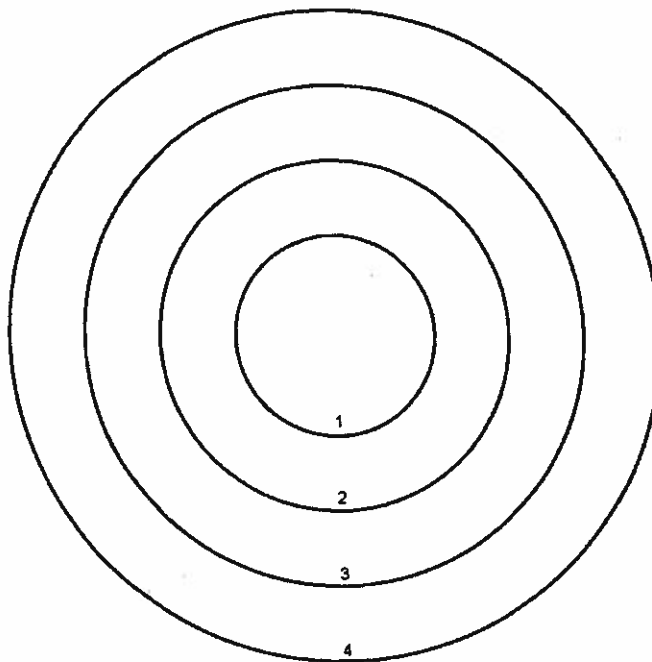


CIRCLE OF SUPPORT

A Circle of Support is a group of people who provide friendship and support for an individual. Frequently these groups agree to meet on a regular basis to help a person accomplish certain personal visions and goals. The members of a circle are usually friends, family members, teachers, neighbors, and service providers. People involved in the Circle of Support are involved because they care about the focus person.

This exercise is a social scan. It will give you a quick picture of who is in your life. This exercise is very useful in clarifying who you can rely upon to provide support and advice when you need it.



Instructions: Write your name in center; fill in the circles according to the guidelines below.

- 1st Circle: List the people most intimate in your life—those you cannot imagine living without.
- 2nd Circle: List good friends—those who almost made the first circle.
- 3rd Circle: List people, organizations, networks you are involved with—people and groups you participate with and in.
- 4th Circle: List people you PAY to provide services in your life.

**Note: People can be in more than one circle. Example: your doctor or your teacher could also be a very close friend etc.*

Circle of Support for: _____

