Circles of Relationships

Directions: Take a moment to reflect on yourself and the people in your life. Describe some uniquely YOU qualities in the "Me" circle and fill in the names of individuals in your life where they fit in your life right now.
As you complete it, consider:

1. What parts of who I am, including my interests, values, goals, and unique qualities, are important for me to recognize and maintain?
2. Who belongs in each circle right now?
3. Who has earned a high level of trust and emotional closeness?
4. Are you expecting inner-circle support from someone who occupies an outer circle?
5. Are you giving someone more access to your time, energy, or personal life than feels comfortable?
6. Is there anyone you would like to become closer to?
7. Is there a relationship where greater distance or clearer boundaries might be healthier?

