

## Relationship circle

### This worksheet will aid in:

- Identifying important people in your life
- Identifying which relationships you want to work on and strengthen

We all have various relationships including our family, partners, close friends, acquaintances, classmates, teachers, and other professionals we avail services from. The Relationship Circle can be used to consciously map these relationships in our lives. This exercise can help us become aware of our available social support and also help us become intentional about our relationships so as to decide where we want to invest more of our energy.

### How to use this worksheet:

#### Part 1:

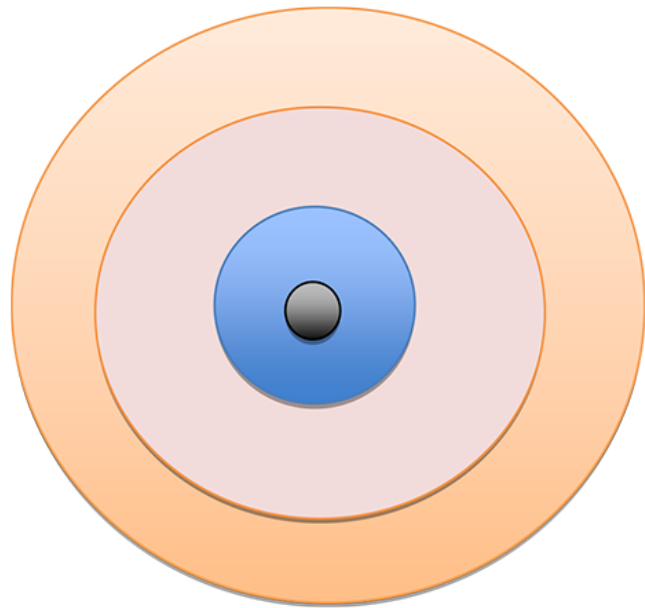
- Draw a dot in the middle. This dot represents you!
- Next, draw three concentric circles around the dot.
- You could give these circles names of your choice. They are typically known as the circle of intimacy, friendship, and participation.
- The circle that you have drawn closest to the dot (intimacy) represents all the people you feel closest to in your life. They are your anchors, people you trust the most, and cannot imagine life without (you can include your pets too!)
- The second circle (friendship) represents people who are important, but not as much as those in your first circle. You can include your friends that you like to meet, people you like to spend time with, those you share good/bad news with and feel supported by.
- The third circle (participation) includes all the people you have shared interests with (others in your clubs, committees), those that you talk to frequently (many classmates) but you're not particularly close to.
- You could start filling in these circles with names once you're ready.

#### Part 2:

- Closely look at all the relationships you've noted down and reflect on how you feel about them.
- If you feel like you want to build a closer relationship with someone, draw an inwards arrow next to them. If you feel like a relationship is taking too much away from you and you want to create some distance, you could draw an outwards arrow next to them.



Intimacy  
Friendship  
Participation



**Once you're done, think about these: (Livesley et al., 2010)**

- Who's important to you? Who can you count on?
- Is there anyone you feel close to but haven't spoken to/met lately?
- Who plays a supportive role in your daily life? In what way?
- Are you making good use of your support system? If not, what is stopping you?
- Are there relations you marked as those you want to improve? What are some initial changes you'll make towards this?
- Is there anything that surprised you?
- Notice how this circle would have looked different a year ago, will look different a year from now. How does that make you feel?

Remember that the quality of your relationships matters more than the quantity. With time, a few of them may also become deeper bonds while others may be valued acquaintances.