

The Support Circle Map

Identifying and Building Your Circle of Support

■ Who's in My Circle Right Now?

- Trusted Friend: _____
- Family Member: _____
- Mentor/Guide: _____
- Group or Community: _____

■ Who Do I Want to Add to My Circle?

- _____
- _____

■ Reflection:

"Who do I turn to when I need support?"

■ My Ideal Support Circle Would Feel Like:
