

# CIRCLE OF SUPPORT WORKSHEET

It can be helpful to know whom you can count on, and in what circumstance. Use the circles below to write down the names of people who you know you can ask for support.

**Examples of who might fit in the Outer Circle:**

*Professionals, Helpful Neighbors,  
Community Members, Acquaintances, Colleagues*

**Examples of who might fit in the Middle Circle:**

*Friends and Extended Family, Close Colleagues,  
Fellow Church Members, Support Group*

**Examples of who might fit the Inner Circle:**

*Close and Trusted Friends, Supportive Family Members*

