

# 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:**

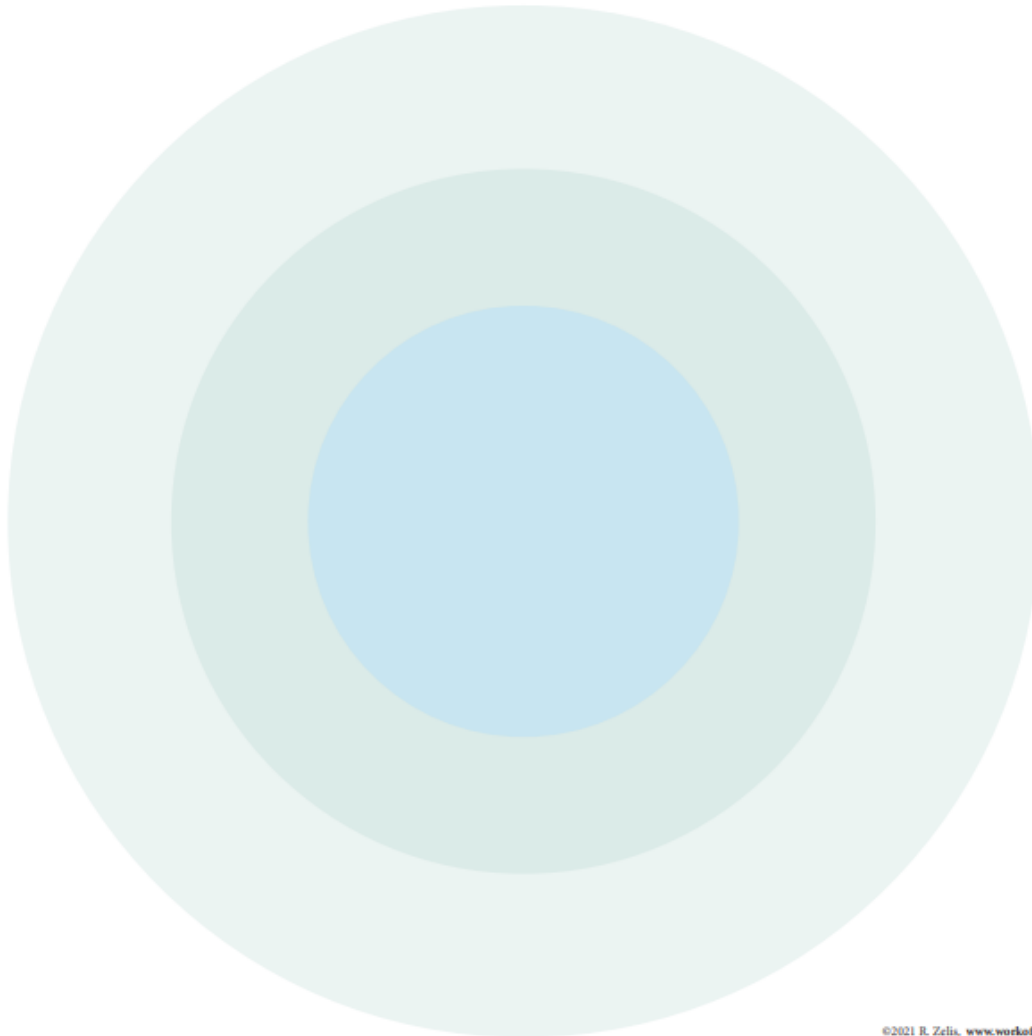
*Professionals, Helpful Neighbors,  
Community Members, Acquaintances, Colleagues*

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

*Friends and Extended Family, Close Colleagues,  
Support Group*

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

*Close and Trusted Friends, Supportive Family Members*



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**Directions:**

1. In the center, write the names of those individuals you confide in most and depend on first for emotional support. These individuals are the significant others you love and care about.
2. In the second ring, list those individuals you are not as emotionally close to as first-circle members, but who still might be helpful to you.
3. In the third and outermost ring, list those individuals or agencies you have little personal involvement with, but could provide you with needed assistance.