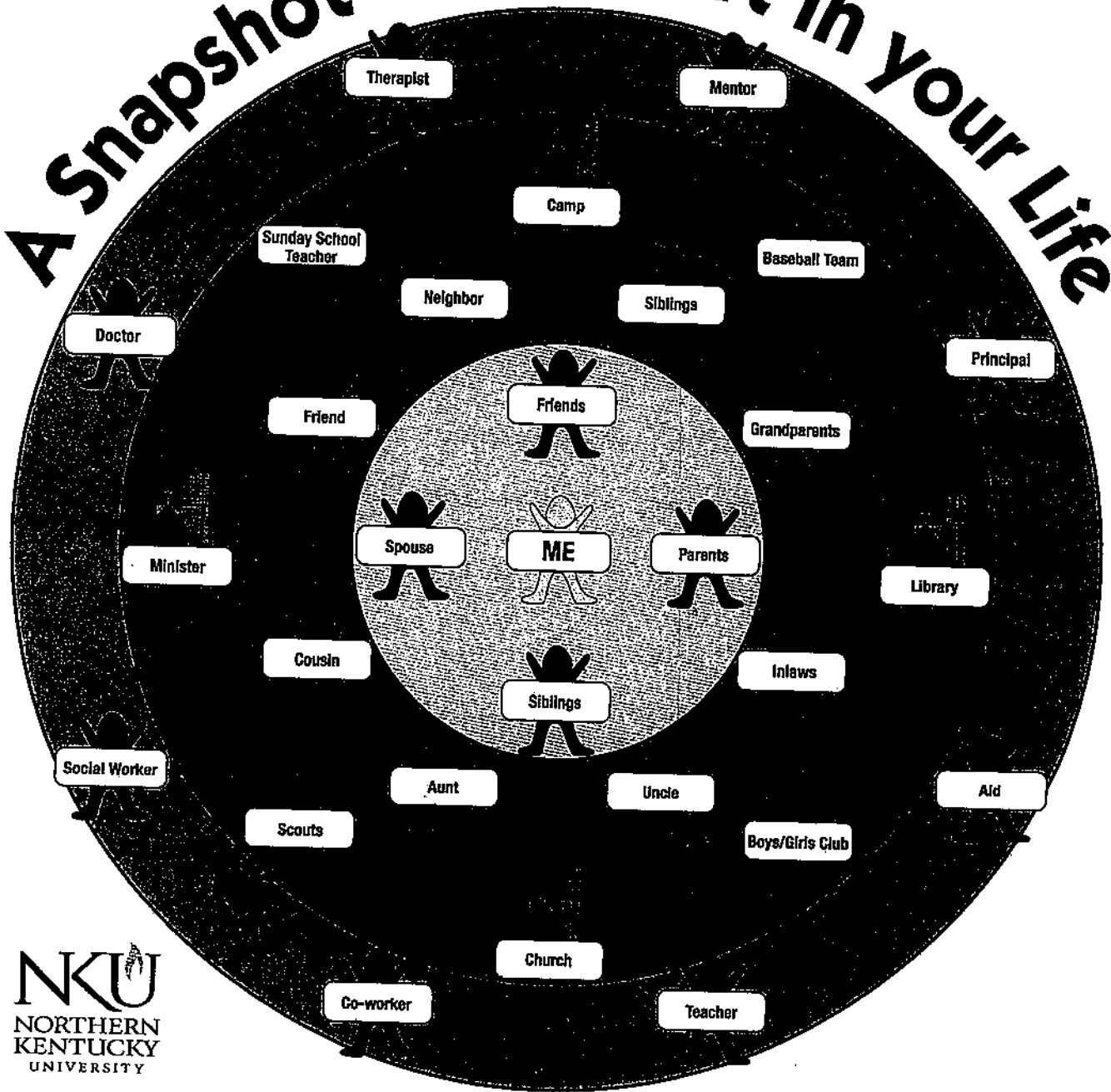
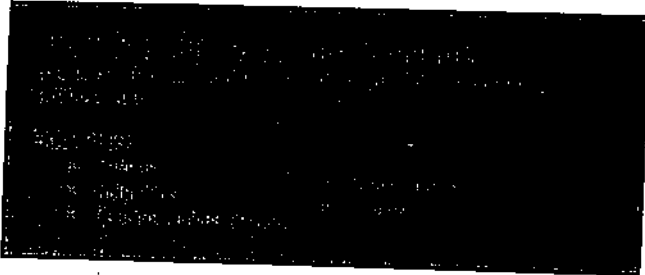


A Snapshot of Support in your Life



INNER CIRCLE: Circle of Confidentiality
 List the people you trust and depend on the most
 Who have you trusted and depended upon in an emergency?
EXAMPLES:

- ❖ Yourself
- ❖ Spouse or children
- ❖ Family members
- ❖ Brothers or sisters
- ❖ Friends



OUTER CIRCLE: Circle of Support
 List the people you trust and depend on, but not as much as the inner circle.
EXAMPLES:

- ❖ Friends
- ❖ Neighbors
- ❖ Family members
- ❖ Teachers
- ❖ Religious leaders
- ❖ Community members