

Circles of Support

**How do you expand your circle?
How do you move people
toward the center?**

Paid Supporters
Support staff, doctors, teachers, social workers

Community Life
Work, organizations, religion, civic

Friends & Family
Social, fun, don't see all the time

Close Family & Relationships
Honesty, trust, share emotions

YOU!

**Those in the middle
are closest to you, but
they can move from
one circle to another
during your life**

**Do you have too many
on the outer circles,
and not enough
closer to YOU?**