

My Circles of Support

Circle 1 – People who love me

This “inner” circle is made up of people we love and who love us, people we feel safe with – including very close family members and very close friends.

Circle 2 – My friends

This circle includes people who are good friends, people we would go to the cinema with or meet up with for lunch or go for a drink with.

Circle 3 – People I know and interact with

This circle includes acquaintances from different areas of our lives – school, college, church, choir, social clubs, shopkeepers. Over time, some people from this circle may move into your friendship or inner circles.

Circle 4 – People who work with me or for me

This circle includes people who are paid to be in our lives – Doctors, teachers, LSAs, support workers, etc. Usually, these relationships are purely professional, but you may consider someone like your support worker to be in your friendship or inner circle too.

