

# Ideas Sheet

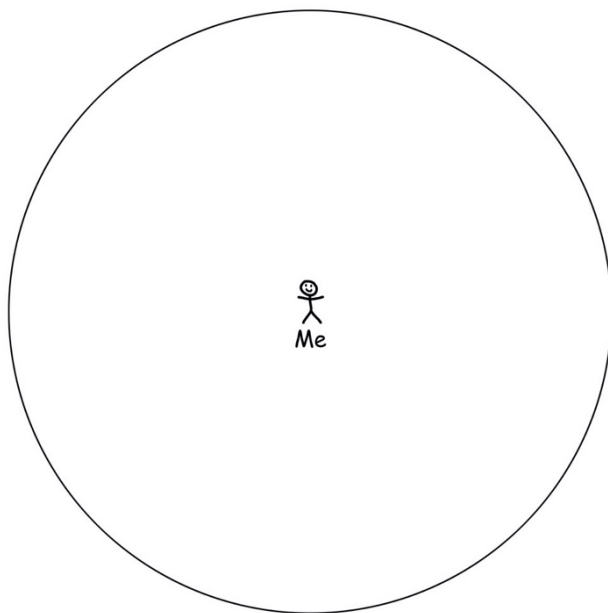
## Friendship / Support Circles

Support or friendship circles are useful to identify the people in your life and how they are connected to you and each other.

Use any of the *People in my life* templates provided (sheet ref: T1).

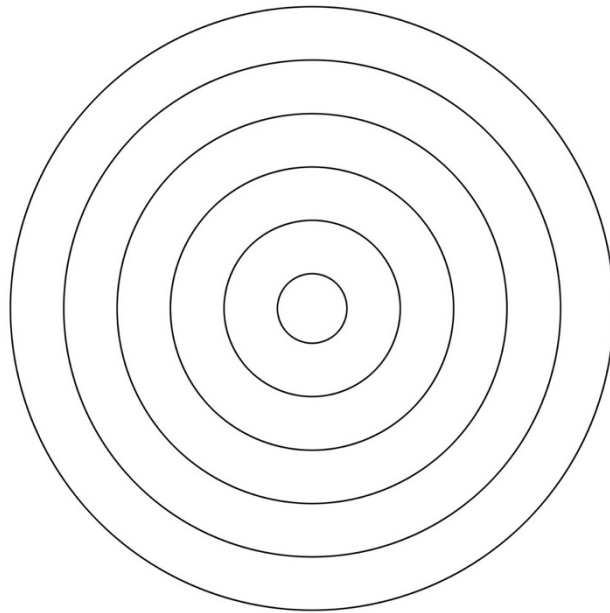
You can write and/or draw and you might choose to use different coloured pencils or pens.

Typically, people start by placing themselves at the centre:

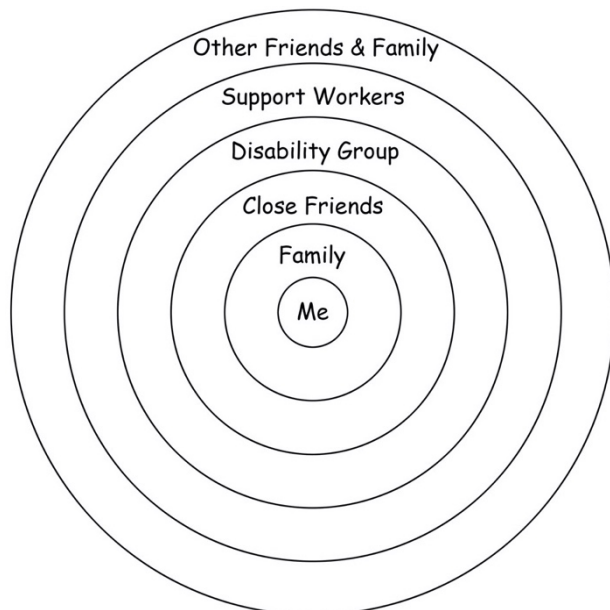


Many then place the most important people in their lives – or those they spend most time with – closer to the centre.

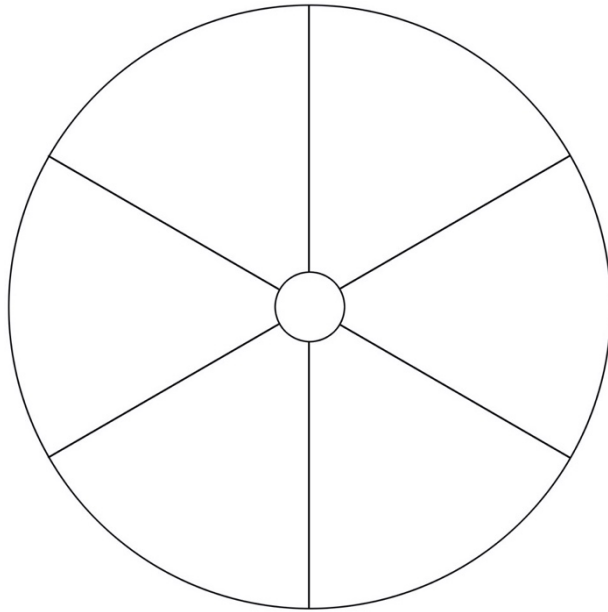
You might find it useful to use different-sized circles like this:



You can choose to use each circle for different groups of people in your life, similar to those shown here:



Or you might choose to divide the circle into sectors:



You can combine any of these methods or create your own.

You can also add lines between people and groups to show how they are connected.