

CIRCLE OF SUPPORT WORKSHEET

When facing any challenge it can be helpful to know whom you can count on. Different people may be helpful in different situations. Use the circles below to write down the names of people who you know you can ask for support or help.

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
Fellow Church Members*

Examples of who might fit the Inner Circle:

*Close and Trusted Friends
Supportive Family Members*

