



Circles of Support

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This exercise allows you to identify a person or multiple people who represent the traits of a support person in your life. List the name of anyone who represents the following traits in the diagram below.

THE ROCK: A person who will remain in your life during the difficult times and continue to love you unconditionally.

THE WISE: A person who will always tell the truth even when it is not what you want to hear.

THE LEARNER: A person who will learn alongside you.

THE HELPING HAND: A person who understands and is aware when you may need a break and steps in to assist.

THE ADVOCATE: A person who will always stand up for you and continue to support you.

