



## RELATIONSHIP CIRCLES

In the area at the top, make dots to indicate the people who are currently in your life, and indicate how close they are to you by means of the circles. Then put the person's name next to the dot. Prepare, on a separate piece of paper, a paragraph describing each person in terms of who they are and what role they play in your life.

In the area at the bottom, place the things/people that aren't in your everyday life, but that have an effect on your beliefs, values and motivations, name the dots and write a paragraph on each of the items. Dots in this area could represent a diseased grandparent/parent, a family event, a traumatic experience, a book, a character from a movie, play or book, a school teacher... anything that had an effect on your perspective on life.

You will gain some insight from this exercise. If you'd like some guidance in processing these insights, feel free to book an appointment.

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