Circles of Support

How to use the three concentric circles:

• **BLUE Innermost Circle** (intimate & reciprocal relationships)
• **GREEN Second circle** (regular friendly contact)
• **PINK Outer Circle** (casual contacts)

How to use the “Y” which splits the circles into three segments each:

• **TOP SEGMENT** = family members
• **LEFT SEGMENT** = social connection
• **RIGHT SEGMENT** = people paid to be in your life