

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

