**My Relationship Circle **

It can be useful to plot the relationships you have visually so that you can see who makes up your support network.

On the grid below:

* Plot the people you feel closest to nearer the middle of the circle (near me).
* Plot the people you feel less close to nearer the outside of the circle.

Some examples of people you may want to include are:

* Parents/Guardians
* Siblings
* Wider family members
* Friends
* Partner
* Teachers
* Support Agencies (e.g. CAMHS, social worker)

Me