

Circle of Support

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This exercise is to help you think about who you need in your life for support and who already fills those spaces.

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.

