

Tools & Techniques:

Circle of Support Diagram

When facing any challenge, it can be helpful to know whom you can count on. Different people may be helpful in different situations. Use the circles below to write down the names of people who you can ask for support or help.

Examples of who might fit in the Outer Circle: Professionals, Helpful Neighbors, Community Members, Acquaintances, Colleagues

Examples of who might fit in the Middle Circle: Friends and Extended Family, Fellow Church Members

Examples of who might fit in the Inner Circle: Close and Trusted Friends, Supportive Family Members

