**Circle of Support: Who are the people in my life?**

You are in the middle circle. The circles around you represent the people who are important in your life and who help to support you.

Write the names of all the people who support you in each of the circles. Think about your family/carers, friends, people at school/college/work, and those who are paid support e.g. doctors, social workers.

Other people who support and help me

Me

People who are important but not in my closest circle

People I am closest to

Look at the names you’ve written in circle 1, what makes those people the most important?

Are there any gaps in your support circles that could be filled?