## inclusiondesignlab $M$

## who is in my circle?

Use the Circles of Relationship to map out the people and relationships in your life.
Each circle is described below.


## circle of intimacy

People closest to you. Your life would be significantly impacted if they were not there. E.g. Parents, siblings, primary carer.

## circle of participation

People within a group that you see as part of regular activities. It is in this Circle that relationships can be strengthened through a Circle of Support.

## circle of friendship

People you see on a regular basis. You are friends, spend time together, and enjoy each other's company. E.g. Friends and relatives.

## (1) circle of exchange

People that you see daily or on a regular basis where money is exchanged in the process. E.g. Hairdresser, shop keeper.

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## who is in my circle?

List the names of all of the people in your life, including family members, friends, people you see at events, significant support staff and people in the community etc...
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Write the names of the most important people in your life that you would want in your Circle of Support. Make sure you have a mix of family and friends and other people who aren't paid to be involved in your life.
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## think about...

Why did you pick these people and not others? What do they do for you that other people don't? Where do these people sit in relation to you at the centre? Are they predominantly in the Friendship Circle? What do you think this means about your relationships and the people in your life?

