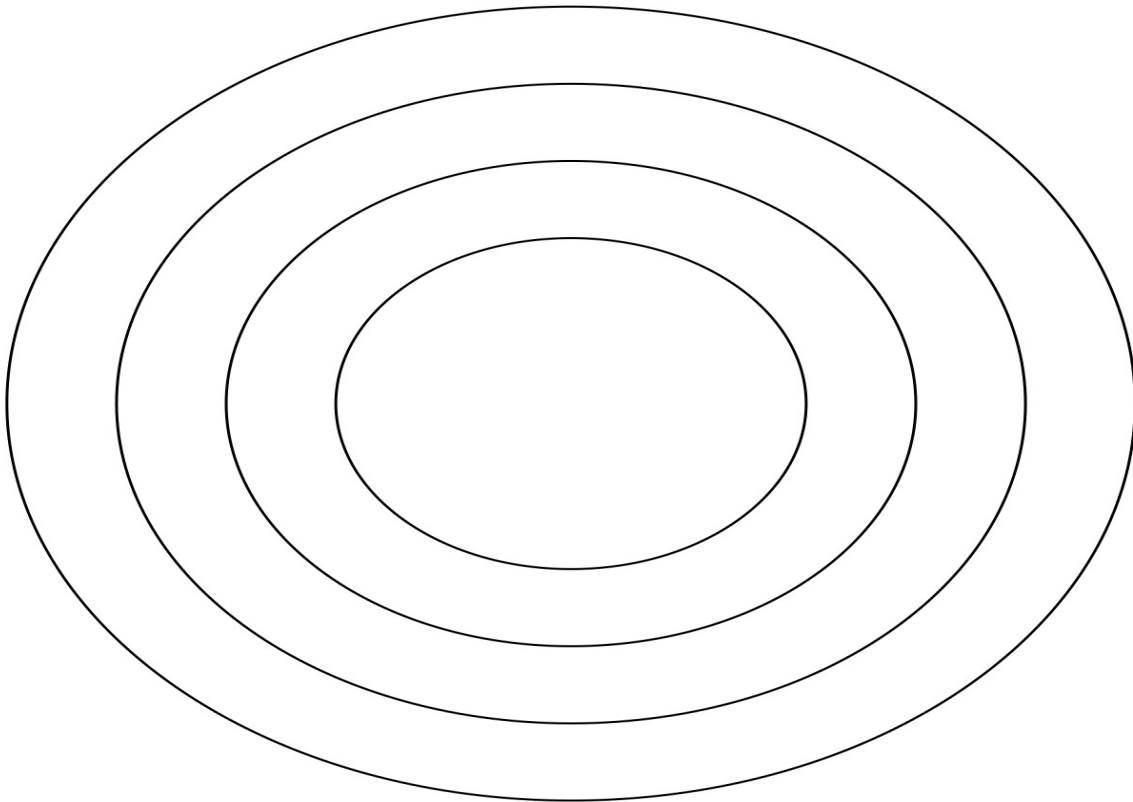


Name :

Date :

CIRCLE OF RELATIONSHIP • • • WORKSHEET • • •

The Circles of Relationship Worksheet helps you explore and understand different dimensions of your relationships. Visualize your connections within circles to gain insights into intimacy, communication, and support levels.



Instructions:

1. **List important people in your life:** Family members, friends, colleagues, and others you feel connected to.
2. **Sort relationships into circles:** Based on closeness, place them in inner or outer circles.
3. **Use colors:** Assign warm colors for positive feelings and cool colors for more challenging dynamics.