

CIRCLES OF CONNECTION – THE INTERPERSONAL INVENTORY

Instructions: Take a moment to think of the people in your life. Who are the important people in your life? Who are the people with whom you have a sense of connection and to whom you feel close? Who are the people who support you, or who turn to you for support?

Support might include any of the following: listening to your worries and concerns, helping with finances or other practical problems, spending time with you having fun or visiting, or giving advice or guidance.

Write their names and their relationship to you (e.g., Mariana/sister) on the circles below, with those in the center circle being the people who are most important in your life.

