

# Circles of Relationship Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Circles of Relationship Worksheet is designed to help you explore and understand the various dimensions of your relationships. By visualizing your connections within different circles, you can gain insights into the levels of intimacy, communication, and support present in each relationship.

## Instructions:

1. Write down the people who play important roles in your life – family members, friends, colleagues, and others you feel connected to.
2. Sort each relationship into one of the circles based on how close and intimate they are to you. Innermost circle for the closest, outer circles for more distant connections.
3. Consider assigning colors to represent the emotional tone of each relationship. Warm colors for positive feelings, cool colors for more challenging dynamics.



After completing your Circles of Relationship diagram, take some time to reflect on these questions:

**Looking at how your relationships are distributed across the circles, what patterns do you notice?**

**Are there any circles that feel particularly full or empty? How do you feel about this balance?**

**Which relationships would you like to nurture to bring them into a closer circle?**

**What specific steps could you take to strengthen specific relationships?**

**What's one insight from this exercise that you want to act on?**

**Additional notes**