

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.

