

Circles of Relationships

1. Circle of Intimacy

People who are the closest to us, these people are our 'Anchors'. For example: immediate family members, pets.

2. Circle of Friendship

These are our close friends or relatives and are **key** to our psychological life support systems. These people are our 'Allies'.

3. Circle of Participation

These are the people who we are involved with because we see them regularly in school, at clubs or in organisations. They are our 'Associates'.

4. Circle of Exchange

People that are paid to be in our lives to give us care or help. These are our 'Paid' person's such as Doctors, teachers, caregivers etc.

