



Workbook – Section 2

My Circle of Support

A **Circle of Support** refers to your need to have a network, group, or “circle” of supportive people to help reach daily and life goals.

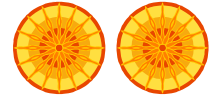
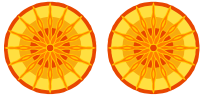
A **Circle of Support** is made up of people who:

- Believe in you and care about what happens to you,
- Stick with you when you’re not feeling well, and
- Believe that you can achieve what you want in life.

You choose who will be members of your **Circle of Support**. These persons may be:

- Trusted family members or friends,
- Your case manager, therapist, or doctor,
- Any other person you like, trust, and believe can support you in some way.

Not every member of your **Circle of Support** may be available to help every time you need it so you will need to include more than a couple people. Let people already in your Circle know that you would like to add another member. Ask each possible new member and let them know what being a member of your Circle will mean. You can ask as many people as you want to be in your Circle.



Who Are My Current Supporters?

Who is in my Circle of Support right now? Write down their names and how they help.

Name	How Person Helps Me
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____

Who Else Would I Like in My **Circle of Support**?

Name	How Person Can Help Me
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____

Also remember, your **Circle of Support** will change as time goes by. New people may come on board and others may leave. This is a part of life. Having good, trusted people in your Circle is an important part of your recovery and will help you along your path to wellness and the life you want.