



CLOSENESS CIRCLE

What we did last:

1. Developed a closeness circle in the beginning of the year
2. Identified the people in our lives
3. Understood relationship changes



Lets do a
Closeness
Circle
again!

Goals for this lesson:

1. Identify with changes in relationships
2. Understand what kind of relationships we have in our lives
3. Identify what kind of support each relationship gives us

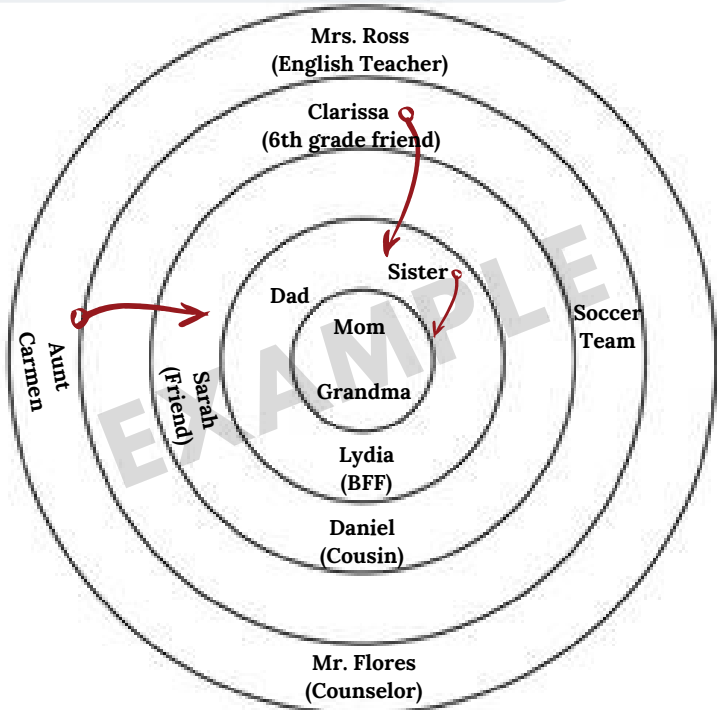




Closeness Circle Cont.

Instructions:

1. Create a list of all the people you want to put in your circle on a separate sheet.
2. Place names from that list onto the circle.
3. Put the names you feel closest starting from the center of the circle.
4. Continue placing the names in the outer circles, placing those you don't feel very close to there.
5. Draw arrows to the relationship you would like to have closer.



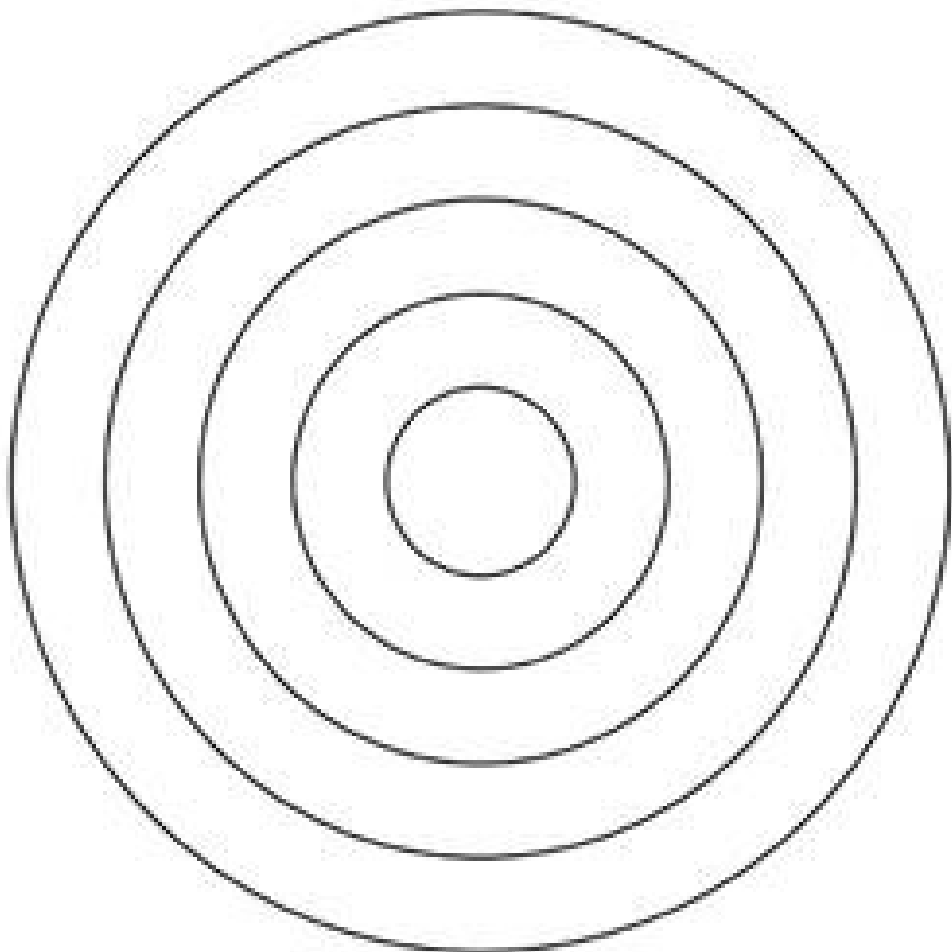
Go ahead
and try it out
next!





Con Mi **MADRE**
Mothers & Daughters Raising Expectations

Closeness Circle Cont.





Reflection

CLOSENESS CIRCLE

Ask yourself these questions:

1. If you remember your first closeness circle, are there people who were in your first circle?
2. Who is new to your life that is in your circle?
3. Is there someone who has gotten closer to you? Or, has grown apart?
4. How did that make you feel?



Why is it important to look at our relationships?

1. It helps us identify who we can go for support
2. Understand who we would like to have closer in our lives.
3. Think about the types of relationships that we have and think if they're good for us.

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