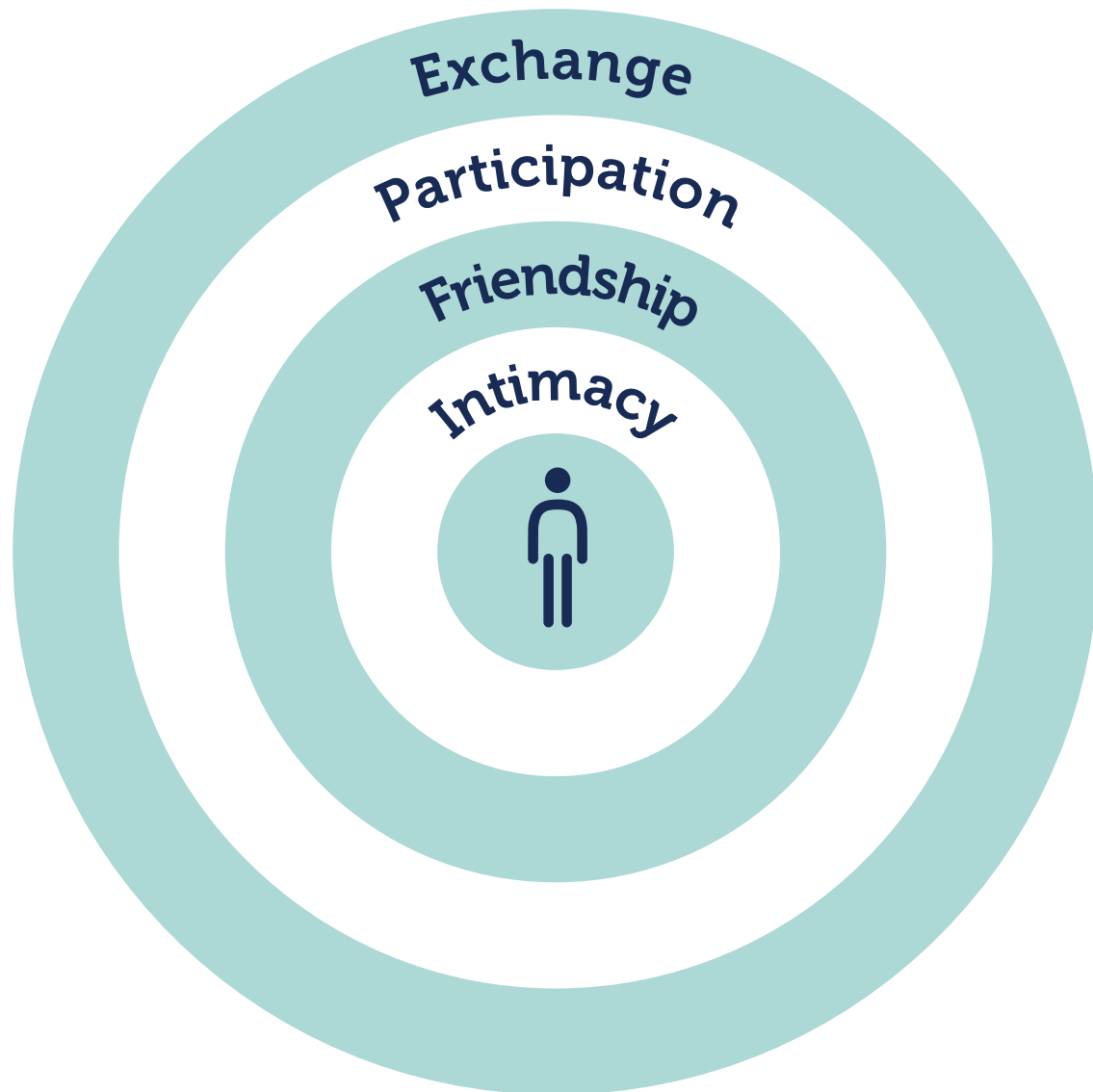


Name \_\_\_\_\_



- **The Circle of Intimacy** is made up of the people we love. These are people we feel safe with and are able to be most open with. This circle usually includes family members and very close friends.
- **The Circle of Friendship** includes the people who we may call up to grab coffee, see a movie with, or join in a shared interest with. We consider these people good friends, but they are not most dear to us.
- **The Circle of Participation** is made up of acquaintances that we meet in different areas of our lives including colleagues at work and school, members of a sporting group, or fellow volunteers at church. These people may not be close enough to be called friends, but as time goes on they could move to one of the first two circles.
- **The Circle of Exchange** is made up of the people whose job is to help us. Examples include doctors, teachers, social workers, barbers, etc. These are professional relationships.