THE RELATIONSHIP CIRCLE

PURPOSE
To help a client decide how much information to share with others regarding their decision to pursue PSP.

INSTRUCTIONS
Invite your client to add as many names as they like in each circle, including outside the circles. This could simply be the people with whom they regularly cross paths. Create scripts together to practice conversations with different people.

INNER CIRCLE
- Closest friends and family

MIDDLE CIRCLE
- Closest friends and family
- Activity-based friendships
- Practical connections
- Close coworkers
- Regular faces

OUTER CIRCLE
- Professionals
- Organizations
- Distant relatives
- Less familiar (or liked) coworkers

STRANGERS OR ONE-OFFS
- Passersby
- Service people

* This resource comes from our book, Counselling in Relationships: Insights for Helping Families Develop Healthy Connections

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