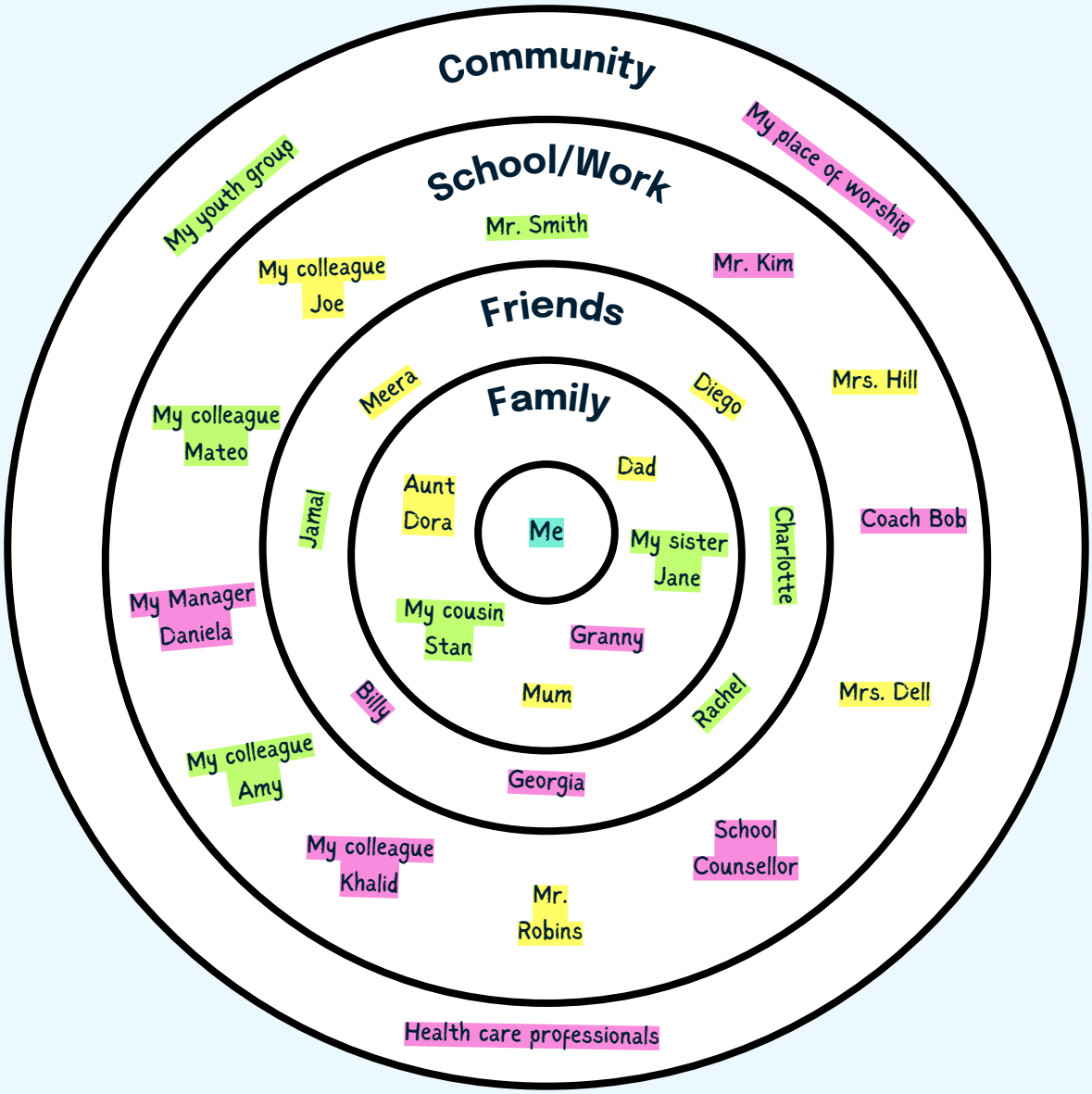
Circle of safety

The Circle of Safety helps us to think about our connections with our family, friends, school, workplace & wider community. This exercise is designed to help you consider who you feel supported by & safe opening up to. Take a look at the example below to get an idea of how you can fill your circle. There is no limit on how many poeple you can include, but try to only add people who you feel fit into the 3 categories below. You don't have to put someone down if you know you wouldn't feel safe going to them for support.



I can rely on this persons support always.
I always feel safe opening up to them.

I can rely on this persons support sometimes.
I feel safe opening up to them but they wouldn't be the first person I would talk to

I can rely on this persons support but only for specific situations or problems.
I feel safe opening up to them but only in specific situations.

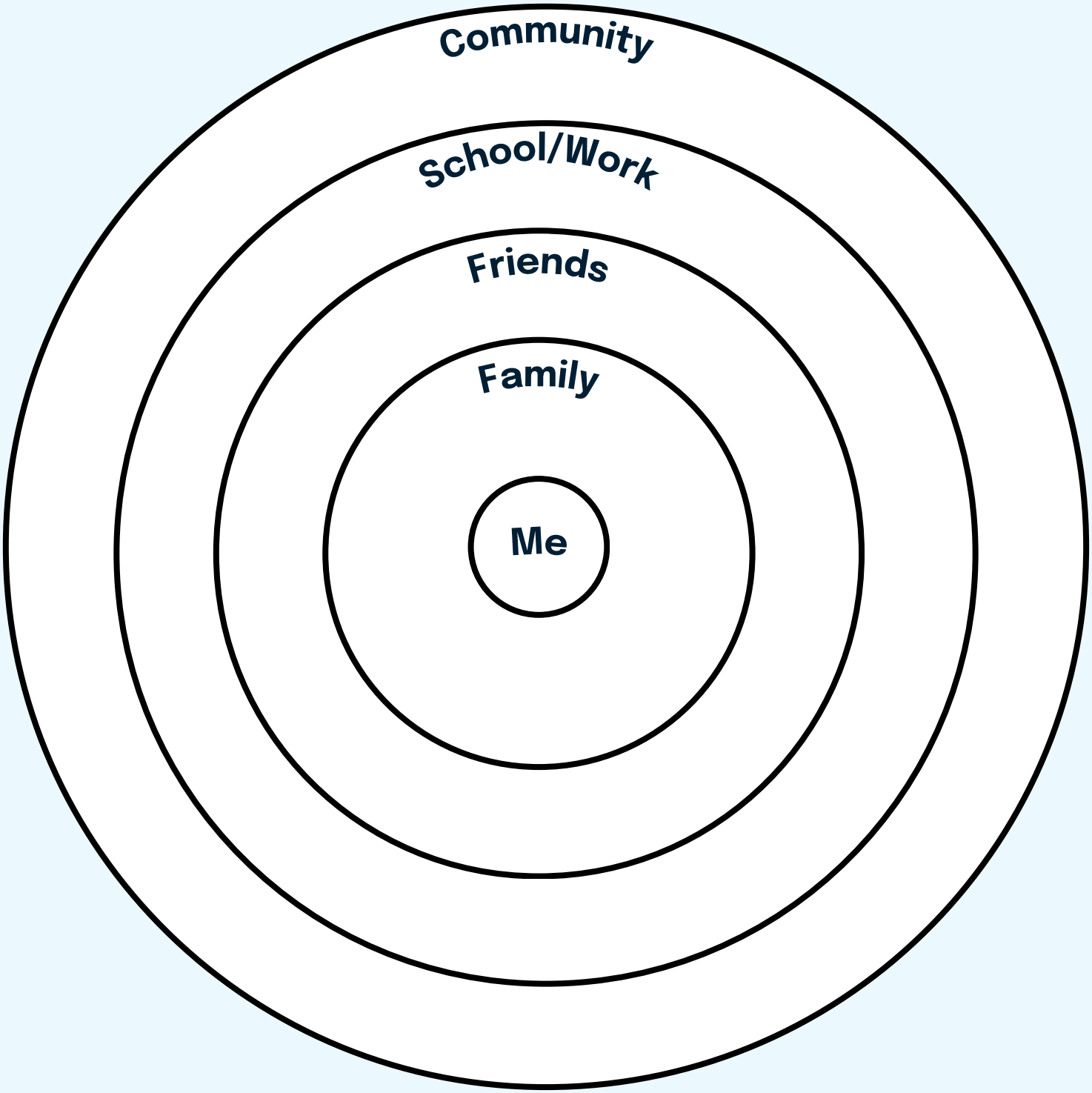
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_____’s circle of safety

I can rely on this persons support always.
I always feel safe opening up to them.

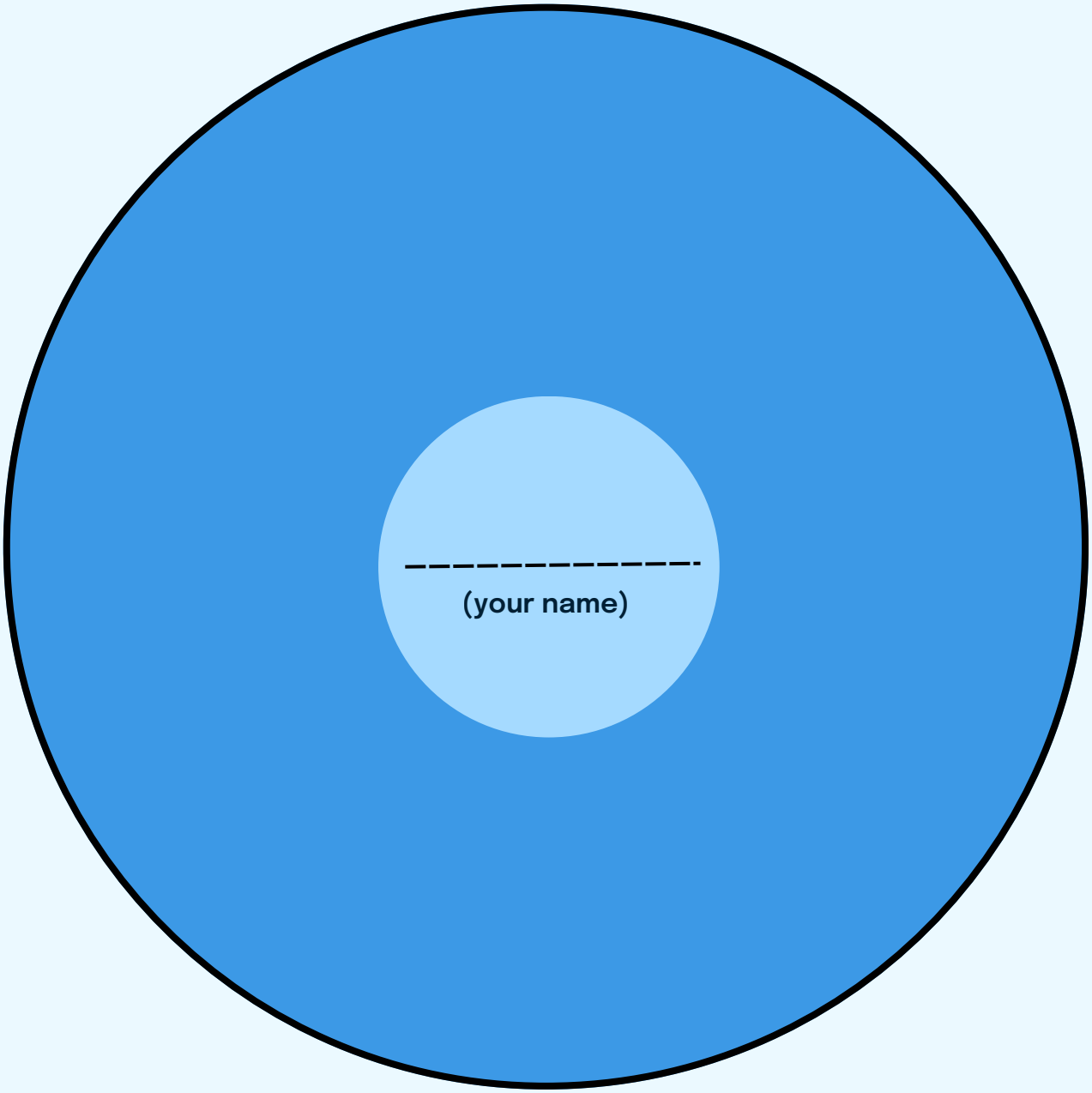
I can rely on this persons support sometimes.
I feel safe opening up to them but they wouldn’t be the first person I would talk to

I can rely on this persons support but only for specific situations or problems.
I feel safe opening up to them but only in specific situations.



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Circle of closeness



This circle represents your life.
Add your name to the centre. Next, identify the important people in your life. Use the circle to show how connected you feel to each person. The closer they are to your name in the centre the more connected you feel to those people in your life.

Once your have filled in your circle ask yourself:
Do I want more or less people in my circle?
Are the people in my circle where I would like them to be?
Are there people I would like to be closer to or further away from?

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