

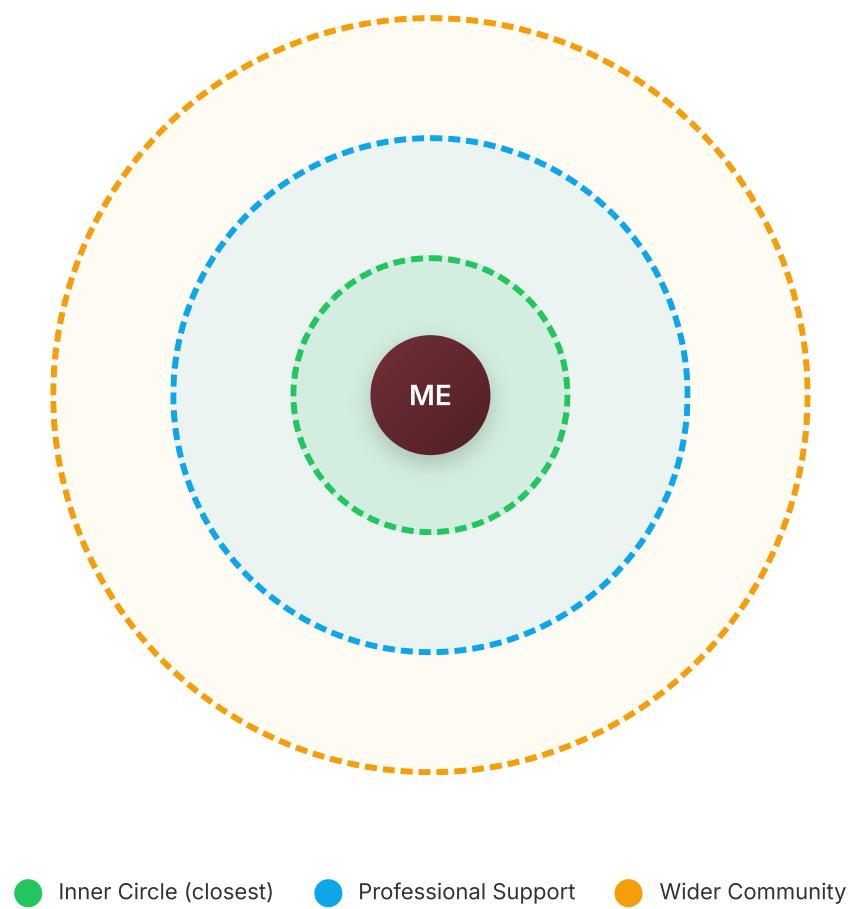


# Support Circle Builder

*Mapping Your Personal Ecosystem of Care*

CLIENT RESOURCE

**Purpose:** No one person can (or should) meet all your needs. This exercise helps you map out your full support ecosystem — the people, professionals, and communities around you — and identify where there may be gaps.



## Map Your Support



### Family & Close Friends

○ Person: \_\_\_\_\_

○ How they support me: \_\_\_\_\_

○ Person: \_\_\_\_\_



### Professionals

○ Doctor/Specialist: \_\_\_\_\_

○ Therapist/Counselor: \_\_\_\_\_

○ Coach/Practitioner: \_\_\_\_\_

○ How they support me: \_\_\_\_\_

○ Other: \_\_\_\_\_



## Community & Groups

○ Support group: \_\_\_\_\_

○ Online community: \_\_\_\_\_

○ Spiritual/religious: \_\_\_\_\_

○ Other groups: \_\_\_\_\_



## Gaps & Missing Support

○ What's missing: \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

## 🔑 The Key Insight

One practitioner or one relationship cannot meet all your needs. A healthy support system is a **network**, not a single point of contact.

Referral is not rejection — it's completing your circle.



## Reflection Questions

1. Who is currently missing from my support circle that I wish was there?

2. Am I relying too heavily on one person or type of support?

3. What's one step I could take to strengthen my support network?

