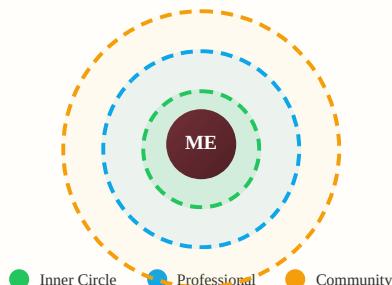


Support Circle Builder

Mapping Your Personal Ecosystem of Care

CLIENT RESOURCE

Purpose: No one person can meet all your needs. This exercise helps you map out your full support ecosystem and identify where there may be gaps.



Map Your Support



Family & Close Friends

- Person: _____
- How they support me: _____
- Person: _____
- How they support me: _____



Professionals

- Doctor/Specialist: _____
- Therapist/Counselor: _____
- Coach/Practitioner: _____
- Other: _____



Community & Groups

- Support group: _____
- Online community: _____
- Spiritual/religious: _____
- Other groups: _____



Gaps & Missing Support

- What's missing: _____
- _____
- _____
- _____

The Key Insight

One practitioner 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 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?