

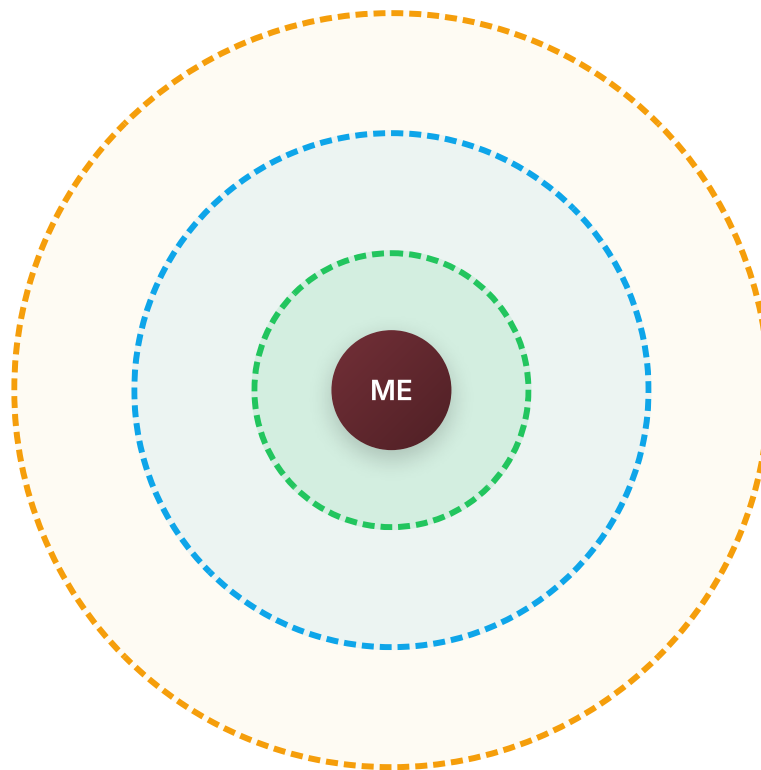


# Support Circle Builder

*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.



● Inner Circle (closest)    ● Professional Support    ● Wider Community

## 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?

