

# Circle of Support

Beside each circle, fill in the name or names of the people who support you in that way. Use the different colors to indicate the relative strength of the relationship and level of support.

- **Blue-** extremely supportive
- **Red-** some supportive
- **Yellow-** weak support



Materials Developed by the Association for Children's Mental Health Exercise from Chapter 5 Priority-Setting Skills, *Improving Children's Mental Health Through Parent Empowerment: A Guide to Assisting Families*, p. 45.