



Relationship Maps

While using the following information, write in the names of people you know for each category on the map.

a. Center circle: Put the people you most love and rely on. These people do not need to be biologically related, but people you trust most, who know you better than others and who care for you because they love you.

b. Middle circle- personal network, includes family, friends, neighbors, co-workers, etc. These are people you rely upon; you exchange tokens of friendship, and concern: special occasions, triumphs, and struggles, acts of kindness and consideration, support and assistance, mutual interest and affiliation.

c. Outer circle- community network, acquaintances, friends from the past, helpful paid people, people from your neighborhood, those you do business with, greet on the street.

Creating, then comparing a relationship map
for a person with
and
a person without a disability
is often an eye opening exercise.