



Circle of Trust

Description

A "Circle of Trust" shows you the people in your life that you can turn to when you need to.

And, it all starts with you - at the center.

To start, think of who you would talk to if something traumatic, scary, or upsetting happened.

Instructions:

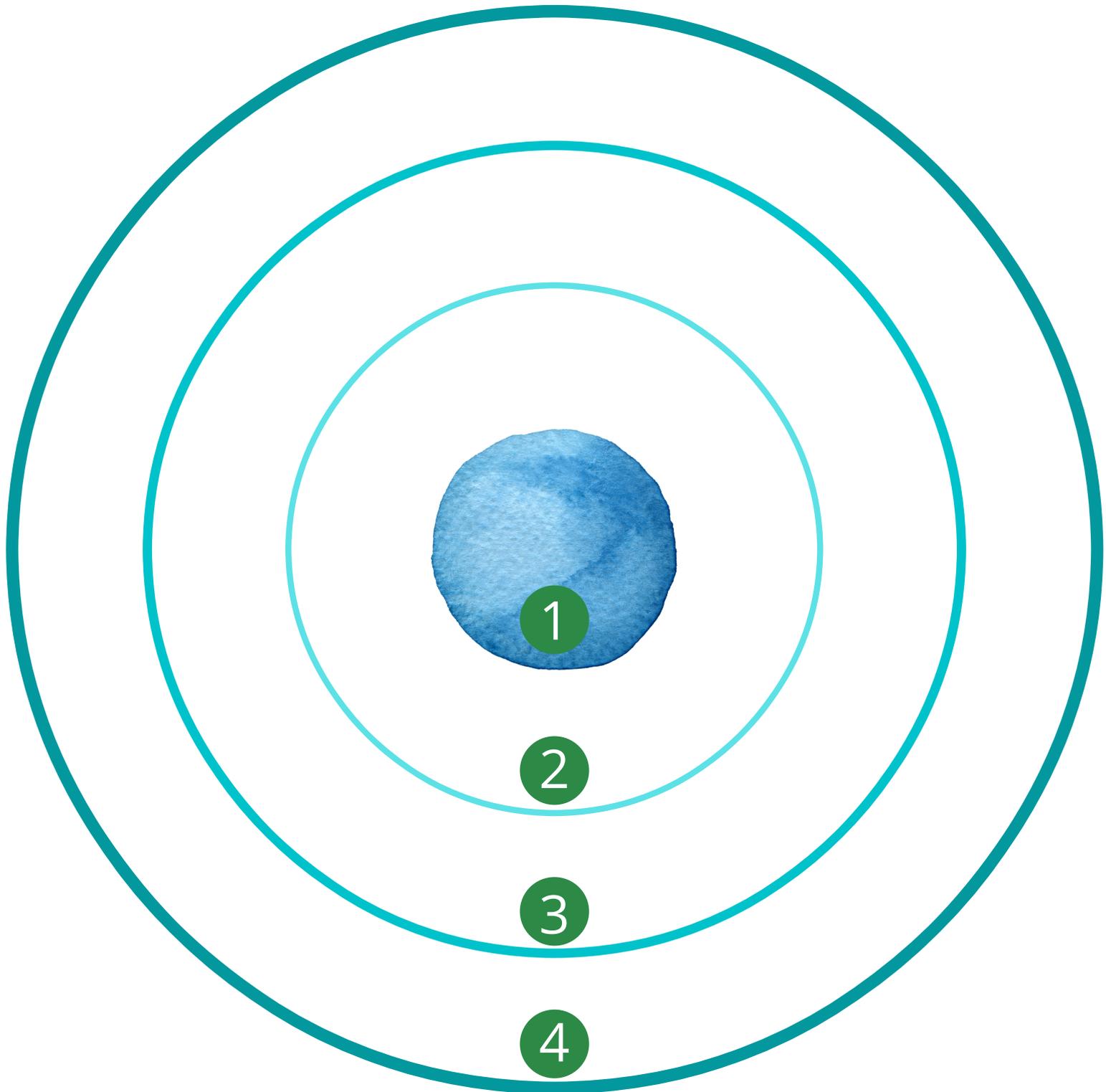
1. **Circle 1: Write your name**
2. **Circle 2: Write the names of people very close to you.** If it is very personal we should be careful who we tell and maybe stick with those who are closest to you. For example, friends, family, trusted adults, who know how to help, listen well, will not repeat what you say to others
3. **Circle 3: Write the names of people you know and spend time with;** people you feel good being around and are able to trust
4. **Circle 4: Write the names of acquaintances** that you like to spend time with and that you feel good being around. For example, role models, community leaders, professional counselor, or a clergy member.





Circle of Trust

People You can Turn to When you Need to



1

Write Your Name

2

Write the names of
people very close
to you

3

Write the names of
people you know
and spend time
with

4

Write the names of
acquaintances