

Worksheet 6.3 My Circle of Relationships

In the diagram below you can write down all of the relationships that are important in your life and that will be important in your recovery.

People closer to the centre are very important in your recovery. As you get further towards the edge people may still be important, but play a less significant role.

You can also list on the outside of the circle people who you do not want to be involved in your recovery.

