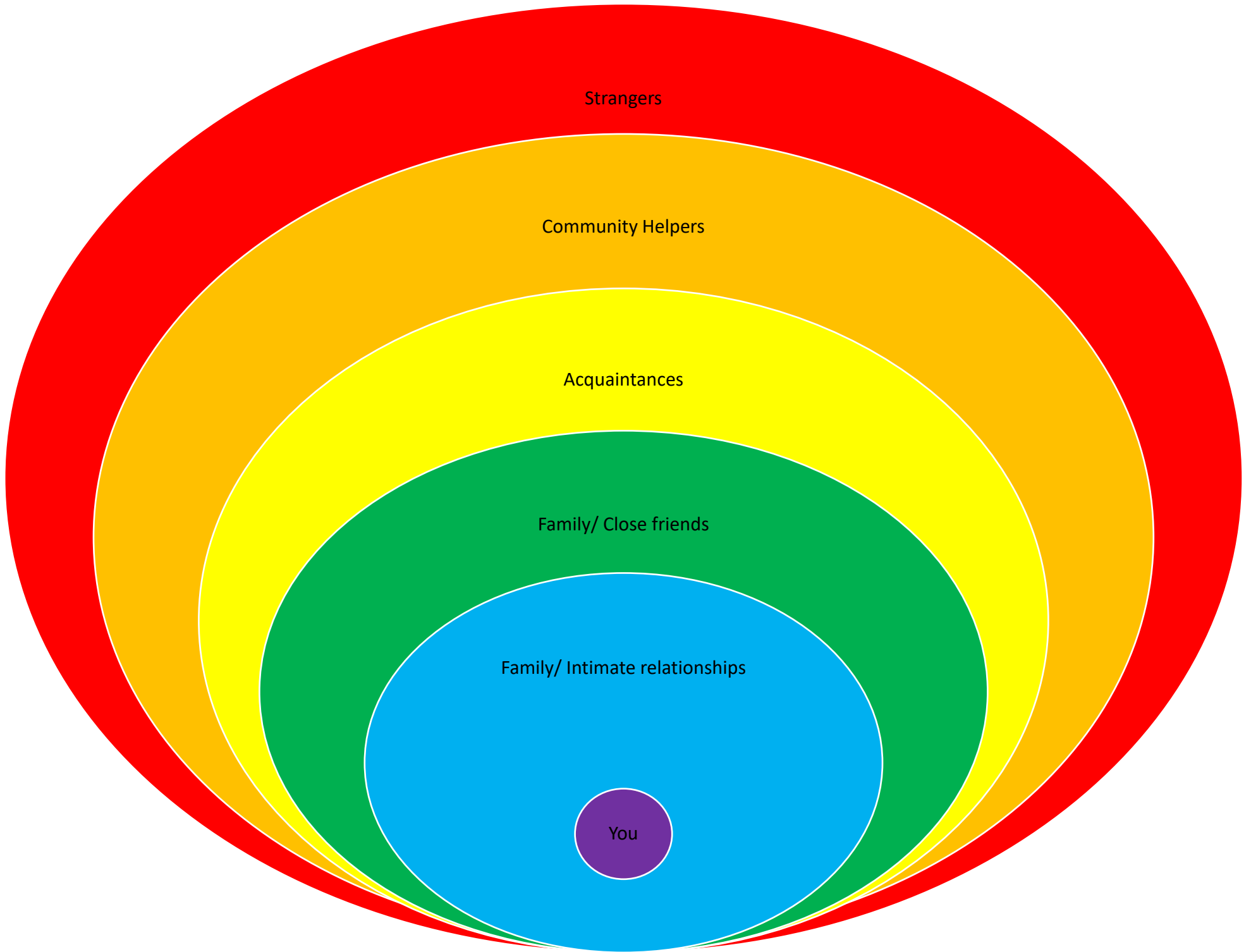


## Relationship Circle

A relationship circle can be useful to clearly lay out what boundaries should exist with various people who you interact with in life. The relationship circle might change as relationships in your life change. You can add in names and roles of people who fit into each category in your life and discuss how to interact with each category appropriately.

- **Purple circle:** Your own personal space. No one can enter without permission. E.g. you
- **Blue circle:** Family and intimate relationships. People in this circle can give an intimate hug. E.g. mother, partner
- **Green circle:** Family or close friends. Someone you hug, but not closely. E.g. grandparent, best friend
- **Yellow circle:** Acquaintances. Someone who is familiar, but not a friend. A friendly wave is appropriate. E.g. new colleague, sibling's friends, classmate
- **Orange circle:** Community helper. Someone you do not know very well. A friendly wave is appropriate. E.g. librarian, TTC driver
- **Red circle:** Stranger. Someone you do not know. You do not touch strangers. Strangers do not touch you. E.g. someone on the bus



Strangers

Community Helpers

Acquaintances

Family/ Close friends

Family/ Intimate relationships

You