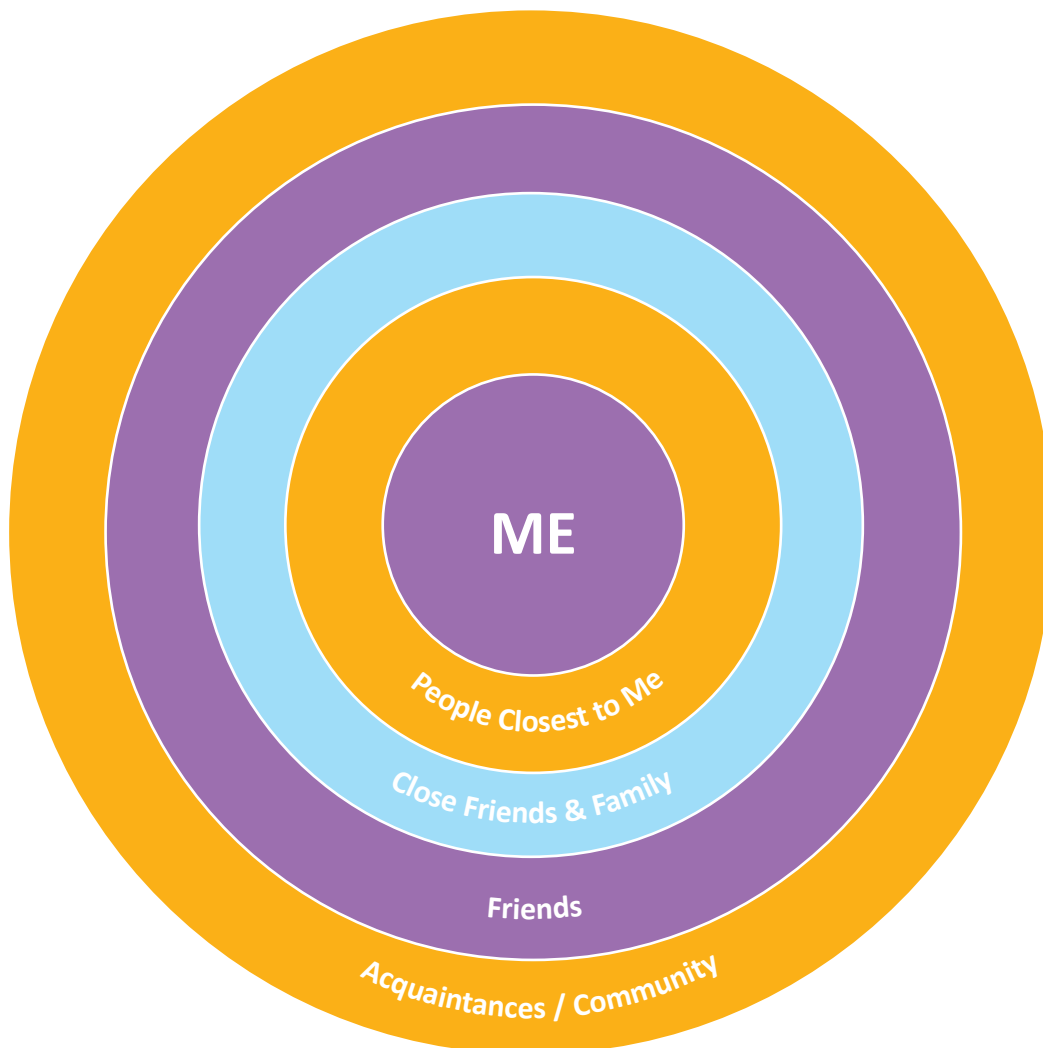


WORKSHEET 8.1: THE PEOPLE IN MY LIFE



Instructions: Write the names of people who are part of your support system in the circle that best describes your relationship with them.

- People Closest to Me: are people whom you can share your most private thoughts and feelings with
- Close Friends & Family: are people you feel you can talk to but maybe not about everything
- Friends: are people who you enjoy doing things with (like going to the movies) even though you don't share personal details about your life with them
- Acquaintances: are people you see whom you nod or say hi to