My Relationships

A relationship map may help you to think about those who are involved in your life and who you may want to help you to think about your future.

Think about the people who are involved in all of the areas of your life:

• your family

• your friends

• those who support you

• those you spend time with during the day.

Creating your relationship circle

1. The inner circle of the map is you.

2. The second circle is the people who are closest to you, who support you and love you.

3. The outer circle is other people who care about you and are present in your life, but unlike your inner circle, may not know you really well
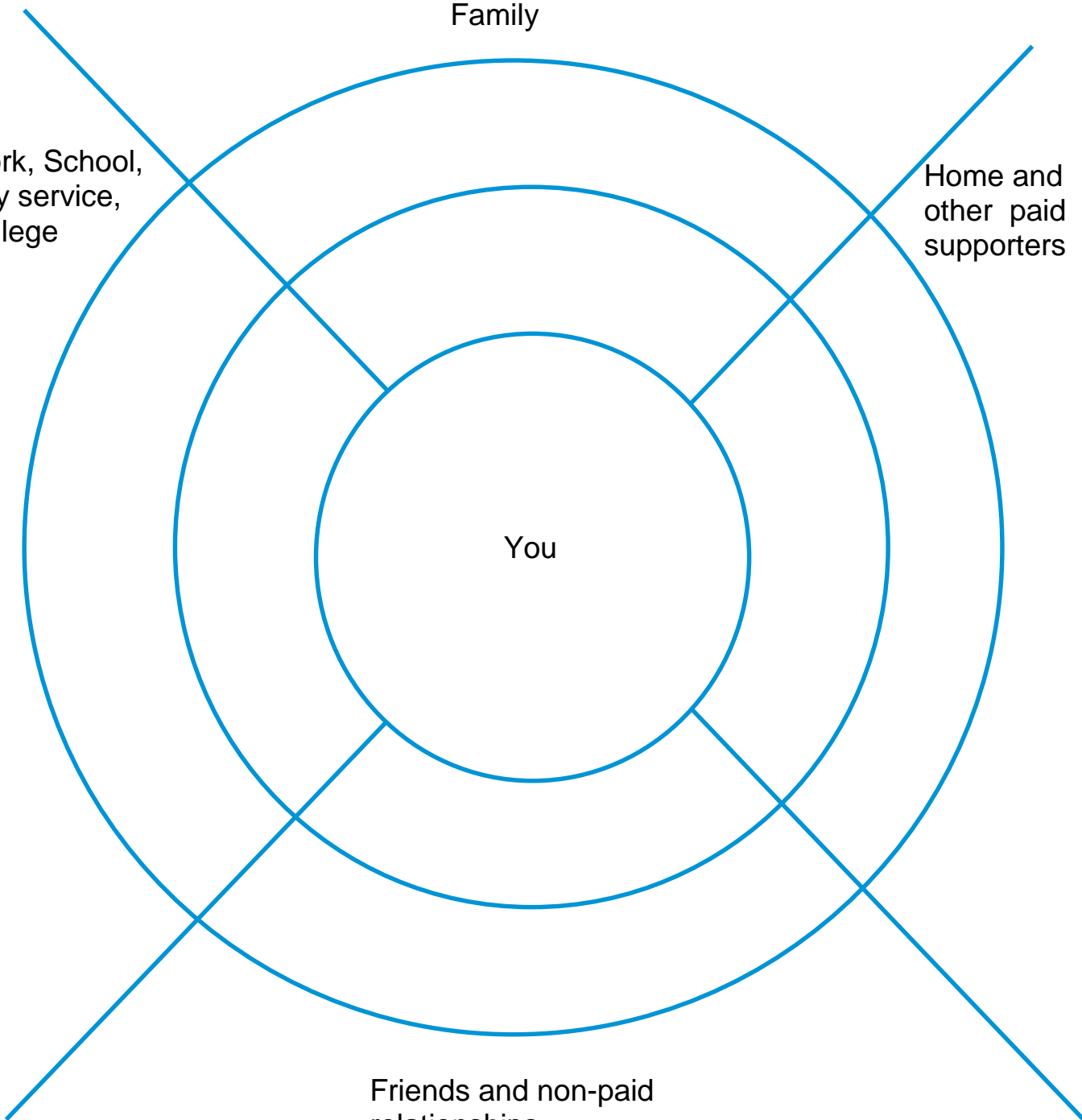
My relationships

Family

Work, School,
Day service,
College

Home and
other paid
supporters

You

Friends and non-paid
relationships

Relationship map

A relationship map helps us to think about who is involved in the person's life. What is important to someone will almost always include who is important to them. We can learn and record the important people in someone's life by having conversations and using the relationship circle person-centred thinking tool.

A relationship map is particularly useful for exploring:

- who a person knows
- how they know them
- who knows whom
- how often they see them
- how these networks can help the person find opportunities and support to live the life they want.

The relationship map is divided into four zones:

- family
- friends
- paid support
- work (day time) contacts

Why use a relationship map?
A completed relationship map will show us who is involved in a person's life. You can then use this information to:

- Decide with the person who they want to be involved in their Review meeting
- Ensure that the person is able to maintain links with people that are important to them when they move, for example friends, volunteers, family.

Find out more about relationship maps:
http://www.helensandersonassociates.co.uk/reading-room/how/person-centred-thinking/person-centred-thinking-tools/relationship-circle.aspx

http://trainingpack.personcentredplanning.eu/index.php/en/communityconnecting/relationships