Social Network Activity

This exercise is to help you assess the structure and strength of your social network. Once completed, the circles represent the people in your life and the degrees of emotional closeness. On the reverse side, list your name in the inner circle. In the second circle list the people to whom you feel so close that it would be difficult to imagine life without. In the third circle list the people with whom you have relationships that are less close. In the fourth circle, list people with whom you are even less close. For each person you list, consider the frequency of contact, proximity, emotional support and tangible aid you have with the person.

Inner Circle: Closest friends or family members…can’t imagine life without them.

Middle Circle: Not quite as close, but still important.

Outer Circle: People who are less close, but still part of your life.

This is our social network or “social convey” …our social support providers.
Social Network

Who do we place on the diagram?
Spouse/Partner; Immediate Family; Close Friends; Extended Family; Neighbors; Co-Workers; Acquaintances from clubs, groups, schools, organizations, religious affiliations.

What can you learn about your social network?