**Circles of safety and support tool**

Who  are  the  people  who  you  don’t   ask  for  support  from   but  maybe

could in  the  future?

Who  are  the  people  who  don’t support  you  and  maybe   make  thingsharder  for  you  and  your  family?

Who  are  the  people  in  your  life  who don’t  know  anything   about  the hard things  you’ve  been  dealing  with?

Who  are  the  people  who   support

you  a  little?

Who  do  the  children  feel   some

connection  with?

Who  already  knows  a  little   bit

about the  hard things   you’ve been  dealing  with?

Who  are  the  people  who   support   you  the  most?

Who  do  the  children  feel   most connected  to?

Who  already  knows   everything  that  happened?