



Building Your Circle of Support

These Love Pages give you the opportunity to explore what support means to you and what you need in order to move through *School of Love* without struggle and isolation. Understanding your support needs makes it easier to find and put in place support that is healthy and active on a daily basis.

Answer the next section of questions with honesty and creativity. Include *both* positive and negative for words, feelings, and insights if both sides are present for you.

Do your best to stay out of black and white thinking. Life is rarely just one or the other but tends to be a mix of many things at once.



1) How does it feel for your body, mind, and spirit to *receive* support?

2) How does it feel for your body, mind, and spirit to *give* support to others?

7) Do you ask others what they need from you for support, or do you decide what they need and give accordingly?

8) Write about an example of how it feels as an adult when you receive support based on **what you asked for**. Also give an example of how it feels as an adult when you receive support based on **what someone else thinks you should have**. (Don't assume one is all positive and the other all negative.)

9) Write about an example of how it feels as an adult when you give support based on the needs of another as **identified by them**. Also give an example of how it feels as an adult when you give support based on the needs of another as *identified by you*. (Don't assume one is all positive and the other all negative.)

10) Do you believe that giving unsolicited advice to another is supportive? Give an example of when it is and when it isn't.

11) Do you believe that you deserve to be supported? If there is still a part of you that doesn't believe it, explore that now. Give that part of you a voice on the page.

12) What does that part of you need from yourself to feel deserving of support anytime, anywhere? In other words, how can you support that part of yourself?

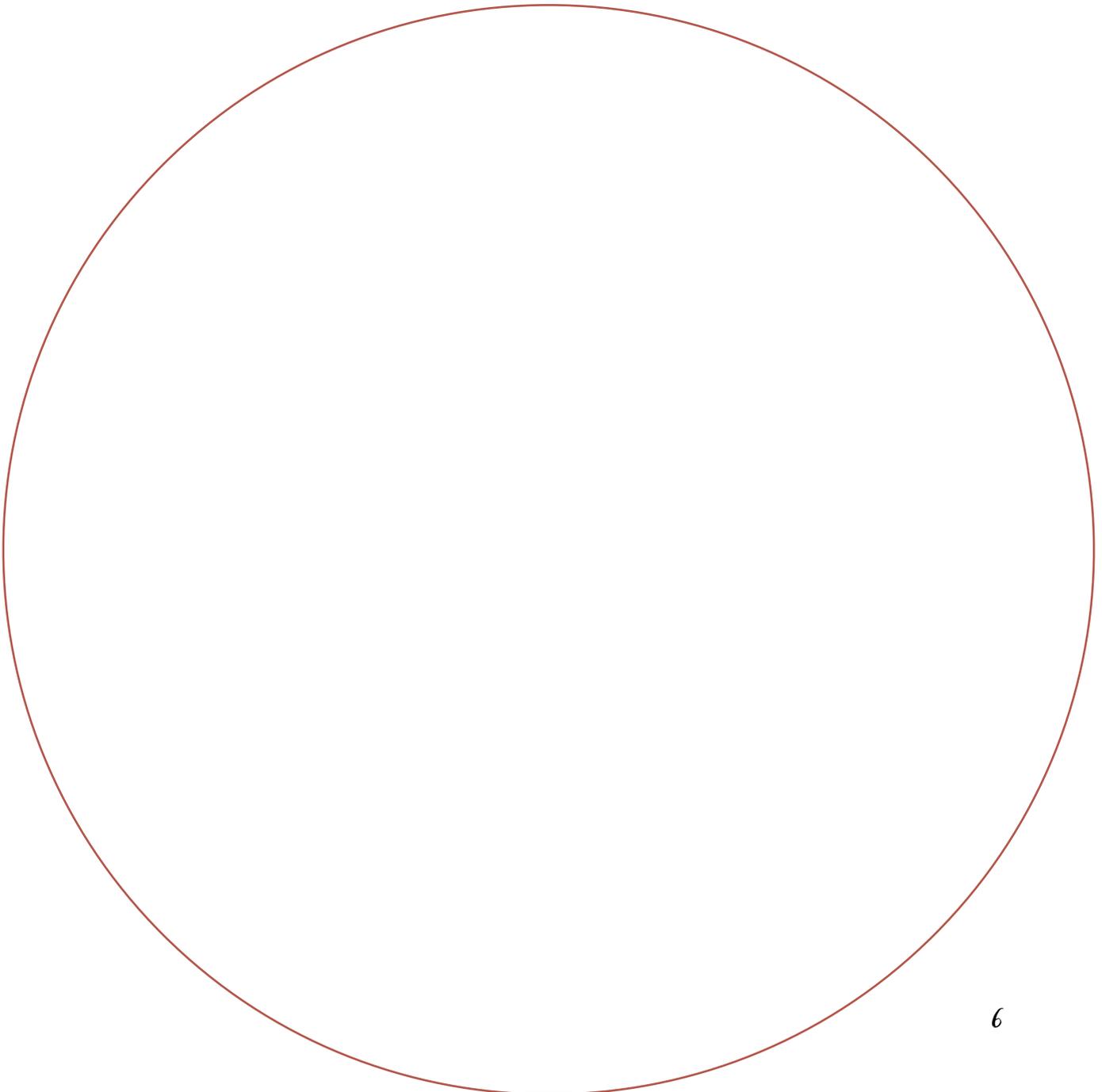
13) Creating, developing, and maintaining a strong circle of support takes willingness, commitment and effort. Are you willing to expand your circle of support to include those who are in *School of Love* with you? Are you willing to make an effort to both give and receive support from them? Remember that there is no right or wrong answer; there is only **your** answer, and it's just right. It can change and evolve as you move through the course.

The 3 Circles of Support

In this section you'll identify who and what is in each of your 3 main circles of support. Be sure to include your whole life – personal, work, social, sexual, spiritual, and familial.

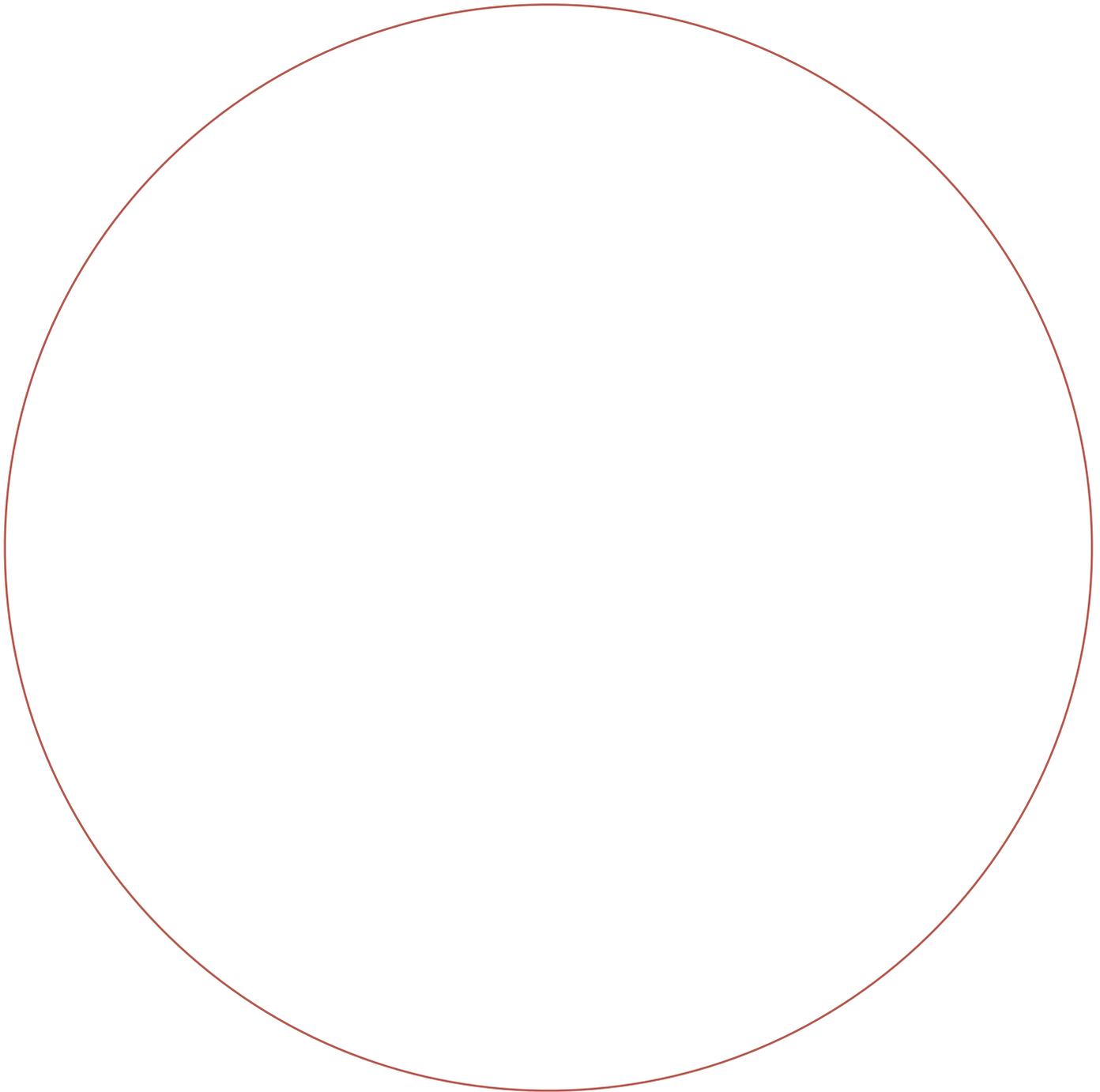
1) Your **inner circle** holds the people, animals, beings, practices (actions and habits), and parts of the world that through consistent interaction with them, they show up for you, support you, and provide the strongest sense of a safe, healthy and loving foundation in your life.

Inner Circle:



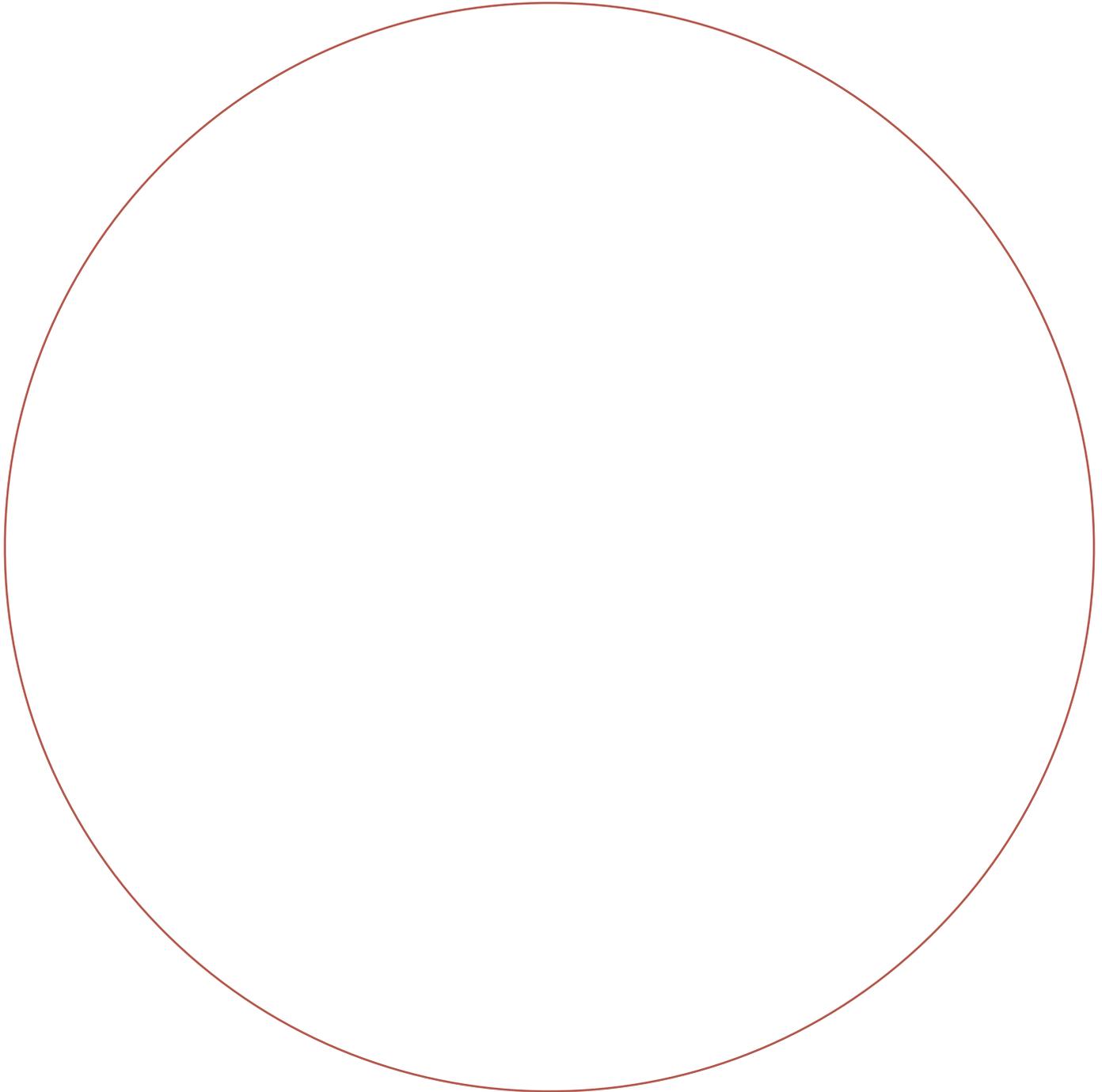
2) Everything in your **second circle** provides those things to a lesser degree, and you may not interact with them as often. It may include people you don't know but whose contributions you follow closely.

Second Circle:



3) And your **third circle** is at an even further degree. It may include individuals you rarely interact with and people you don't know, but you admire their contribution to your life and the world.

Third Circle:



You can add more to all your circles as you discover more about yourself in *School of Love*.

Make a list of all people, animals, beings, practices (actions and habits), and parts of your life that are **not** supportive for you as you are today. As you move through *School of Love*, do your best to just take a break from a few things or people you listed below, especially if it or they are highly destructive. These aren't the people and practices that will help you thrive during this course. You can decide after this course is over what to do about who and what is on this list. Now is not the time to try and get rid of anything. Now is the time for curiosity and discovery.