Your Circle

Identify your support circle by writing names and their phone numbers in the circles according to the impact they have on your life...

**Inner Circle:**
Those closest to you, people you can trust to always be there for you. Reserved for very few people: family, best friends.

**Secondary Circle:**
People that you enjoy talking to, you share interests, experiences, joys and frustrations.

**Outer Circle:**
Those people who are part of your life, they can be a source of help when you need it but you do not know them extremely well.

Sometimes being strong doesn’t mean battling it alone.
Sometimes, being strong means admitting you need help.

Unknown

Boys Town National Hotline 1-800-448-3000