



## Your core circle

List all the people you consider *friends*—those whom you feel you can confide in (talk to, get emotional support from) and who you see or have phone contact with at least once a week. List their phone numbers in the second column.

_____	_____
_____	_____
_____	_____
_____	_____

List which *family members* you see regularly and feel comfortable confiding in. List their phone numbers in the second column.

_____	_____
_____	_____
_____	_____
_____	_____

If you were ever in trouble (for example, having a medical emergency) and needed somebody to help you, whom would you be most likely to contact, and in what order (list them in order of preference, from first to fourth)? List their phone numbers in the second column.

_____	_____
_____	_____
_____	_____
_____	_____

Are there any *groups* of people who could help you feel less lonely or assist you in you were having any kind of emergency (*examples*: church or synagogue groups, support groups like Alcoholics Anonymous, groups dedicated to certain activities—art, cooking, foreign languages, or sports). List their phone numbers in the second column.

_____	_____
_____	_____
_____	_____
_____	_____