**Circles as Tools for Discovery**

The use of circle formatsis common to many professions. It allows us to figure out how the many areas of our lives affects us and influence each other. They are used in many professions to help in planning processes such as ecology, social work, psychology, and medicine. They bring to awareness the interactions among areas needing to be addressed to improve the quality of life.

Guides for using circles in various ways can help us in

* deciphering what we can influence and what influences us
* recognizing our life’s challenges and enjoyments
* determining which circles to sustain, expand, diminish, or eliminate in our lives.

Words are placed in each circle to identify specific facets of our lives. Lines are used

to indicate how the circles are connected. There are no rules about what to put into the circles or how to arrange or connect them. Each person’s circles and what they choose to include is unique to their own life. Below are four of the most common way circles are used or connected.

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| 1. **Circles number, size, and placement**
* The circle in the middle is you or your household.
* What is in the other circles and how many items is up to you.
* Circles can be big or small depending on importance they are to you, or how much of your life they take up in time or energy.
* Circles can be closer or farther away to indicate physical distance, how much you care about what is in the circle, or frequency of contact.
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| 1. **Lines between circles**
* Lines between circles indicate a personal connection with the circle.
* Several lines between the circle and you indicate frequency of connection
* Lines perpendicular to the lines connecting the circle indicate the amount of stress between the elements. More lines across indicate more stress between the elements in the circle, fewer mean less stress.
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| 1. **Arrows**
* Arrows indicate the direction of flow of energy. The number of arrows along the line indicate either weak or strong flow of energy.
* The direction of the arrow indicates whether you initiate the interaction or with the circle or it initiates interaction with you. Arrows go both ways if fairly equal in initiating the interaction.
* If there is a strong flow of energy there would be more arrows along the line, if weak flow of energy the number would be less.
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You can create your own ‘codes’ for things you use in circles and ways of connecting them.

Add notes to the bottom of your circle pages to explain codes other than those above and to help you remember or describe important aspects of the picture.

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| **Your Name** | **Date** |

**Single Circle Worksheet**

***Create your own circles around it***

**Notes:**

**Notes:**

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|  **Your Name** | **Date** |

**Multiple Circles Worksheet**

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