

## Review part I

# Reviewing your social network

Do you know how your social network is doing? The following exercise can help you to assess your social network. Initially what you do is take stock of the current situation.

First, make a note of the contacts you currently have (in different categories such as family, friends, acquaintances, fellow students, school friends, perhaps colleagues at work, etc.).

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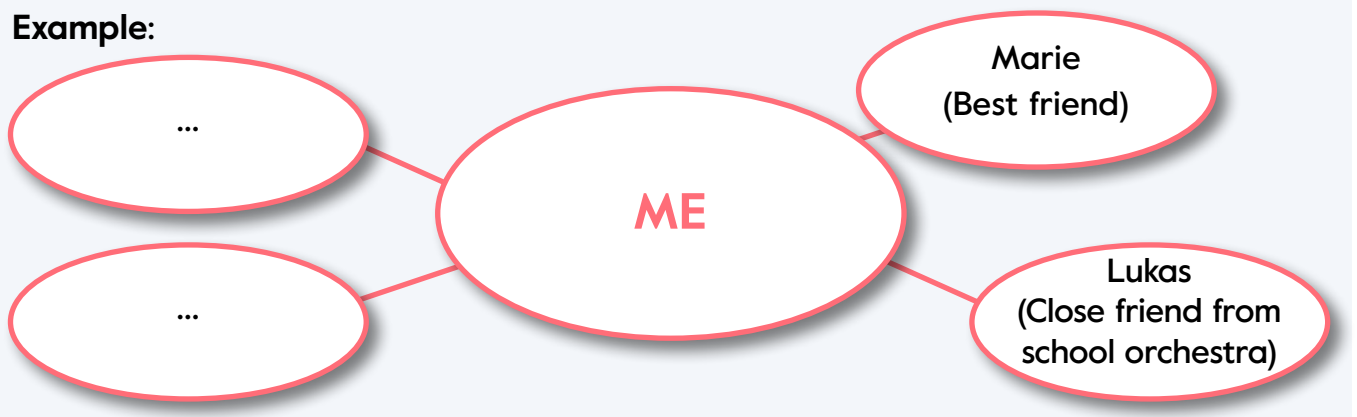
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Now draw a circle in the middle of an empty page and write “ME” in it. Write down the names of all the people in your social environment in such a way that their closeness to you is symbolized by the relative distance from the “ME” circle. So you would position your best friend, who you talk to about everything, very close to your “ME” circle. If some people are part of a group, you can put them down together.

Example:



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Now assess how good these social relationships are. The following questions can help you:

- Which relationships do you feel are positive, supportive, enriching, etc.?
- When did you really have fun and who tends to be with you during such times?
- What is important to you in a relationship (e.g. regular shared activities, common interests, openness, trust, etc.)?
- Where do you see faults and shortcomings (e.g. imbalance between “give and take”, etc.)?
- What impact do they have on your partner, family, work, the work of others, and on yourself and your mood, etc.?

**Info:** In the next worksheet “Reviewing your social network - part 2”, we show you how you can use these insights to make changes.