

## WHO IS IN MY FAMILY?

Remember that families can be created and thought of as a circle of support, not necessarily defined by blood or biology, and not necessarily permanent, since the people included and not included can change at different times.

### OUR FAMILY

**1. Write the name of each person who plays an important role in your family.**

Think about children, mothers, fathers, grandparents, aunts, and uncles, as well as friends and neighbors that you really consider family.

**2. Draw lines to show your relationship to each person.**

Draw a solid line to the names of people who are important in your day-to-day life, and a dotted line to those who are important to you but may not play as large a role in your day-to-day life.

**3. Draw a circle around the names of people who provide support for your daily activities.**

Think about who you are regularly engaged with and rely on, and who relies on you.

Consider which family, friends and neighbors are critical to helping manage your daily life.

**EXAMPLE:**

