

The Seven Circles of Relationship Worksheet

There are different levels of relationships, each with their own unique role and significance. Understanding which level each person in your life belongs is essential for building and sustaining meaningful connections. Holding certain people too close to your core can be harmful to your wellbeing, while keeping others too far away can leave you feeling alone and isolated. This worksheet can help you understand where each relationship in your life lies on the map and how much of your life you feel comfortable sharing with each one of them.

1st Level. Core Sanctuary: The Heart and Soul At the center of the relationship map lies the **Core Sanctuary**. This is your private circle where you place those individuals you trust with your heart and soul, and who make up the foundation of your tribe. These are the people who comprehend you at your deepest level, your spiritual family, and their presence forms the beginning of your inner circle.

2nd Level. Harmony Haven: Shared Values and Joyful Bonds Moving outward, we find the **Harmony Haven**. In this circle, you gather people who bring happiness and fortitude, sharing essential values that cultivate meaningful companionships. Those who you like to share a warm, loving hug with. You may not understand each other down to the core, as with the people in your first circle, but the connection and love remains strong.

3rd Level. Respect Realm: Positive Connections The **Respect Realm** encompasses people you respect and feel respected by. Though not intimately close like the first two circles, the interactions you have with this circle are positive and build you up as a person. These are people you might share a brief, friendly hug with. You feel good around the people in this circle and they make a significant contribution to your life, creating a network of uplifting connections.

4th Level. Transition Zone: Welcoming New Connections In the **Transition Zone**, you find a space for new acquaintances, those you may share a handshake with. This circle allows you time to gauge the relationship and decide whether these individuals are moving closer to your inner circles or stepping out of your social orbit.

5th Level. Release Radius: Letting Go of Negative Influences The **Release Radius** is a safe distance from your core where individuals who are holding you back or bringing you down find their place. They are people you may still want to wave to but nothing more. These relationships have shifted from closer circles due to their negative influence, allowing you to protect your core and focus on positive growth.

6th Level. Boundary Bridge: Managing Professional and Social Relationships The **Boundary Bridge** is for people who are important to different aspects of your life, such as your career or social life, yet you find it challenging to feel comfortable with them on a personal level. They just don't seem to understand you and you can't seem to understand them. Holding them on this level provides the space to release feelings of inadequacy and cease the need for constantly explaining yourself in the hopes to be understood.

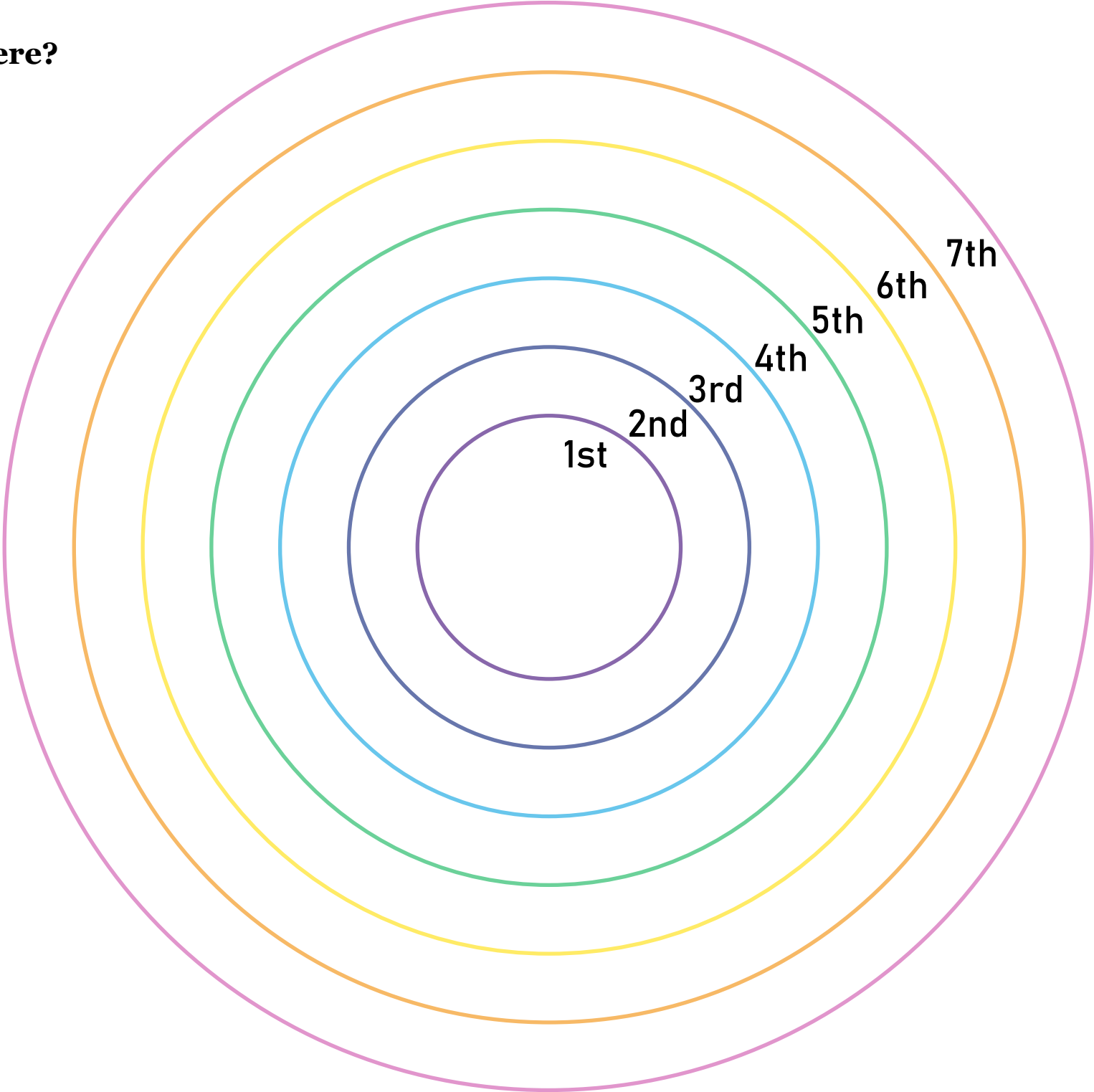
7th Level. Distance Domain: Rest and Release The outermost circle, the **Distance Domain**, is where you place people who have caused you pain, anger, or disappointment. These are people who you don't currently want in your presence due to the distress it causes. This level offers distance and a vantage point for letting go of hurtful thoughts and feelings, providing a space for rest and emotional release.

Instructions

Step 1: On the **Who Belongs Where?** worksheet, write down the names of the people in your life on the level they belong to.

Step 2: On the **What Will I Share?** worksheet, write down some of the parts of your life you feel comfortable sharing with people on the different levels.

Who Belongs Where?



What Will I Share?

Examples: **Life Events** (moving, going through a breakup, getting a new job, losing a loved one), **Feelings** (happy, sad/depressed, angry, anxious), **Hardships** (fighting with a loved one, financial difficulties), **Successes** (getting a raise at work, getting accepted to college)

1st: Core Sanctuary

2nd: Harmony Haven

3rd: Respect Realm

4th: Transition Zone

5th: Release Radius

6th: Boundary Bridge

7th: Distance Domain