

THE SEVEN CIRCLES

7th - The furthestest out. The distance of the Seventh Circle from the centre gives me rest and release. This is where I place people who have hurt me, angered me or let me down. From here I can start letting go of painful thoughts and feelings.

6th - These are people who are important to me, my career or my social life, but try as I may, I cannot feel comfortable with them. I am unable to feel close to them. Circle Six gives me the chance to let go of feelings of inadequacy and to stop explaining myself.

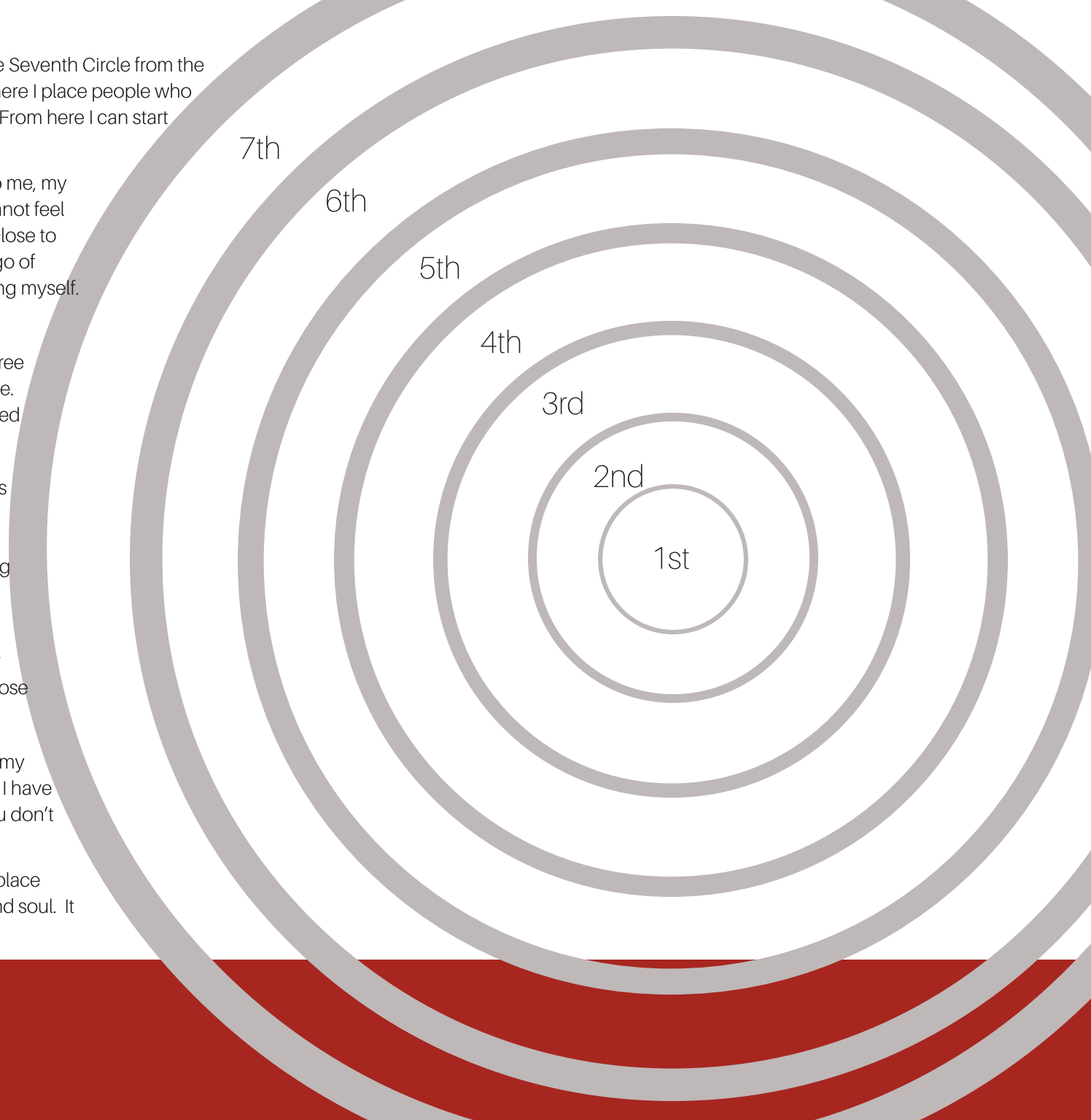
5th - Where I put people who are holding me back. They may have moved from Circles Three or Four to here, a safe distance from my centre. The people here are not necessarily connected with the real me.

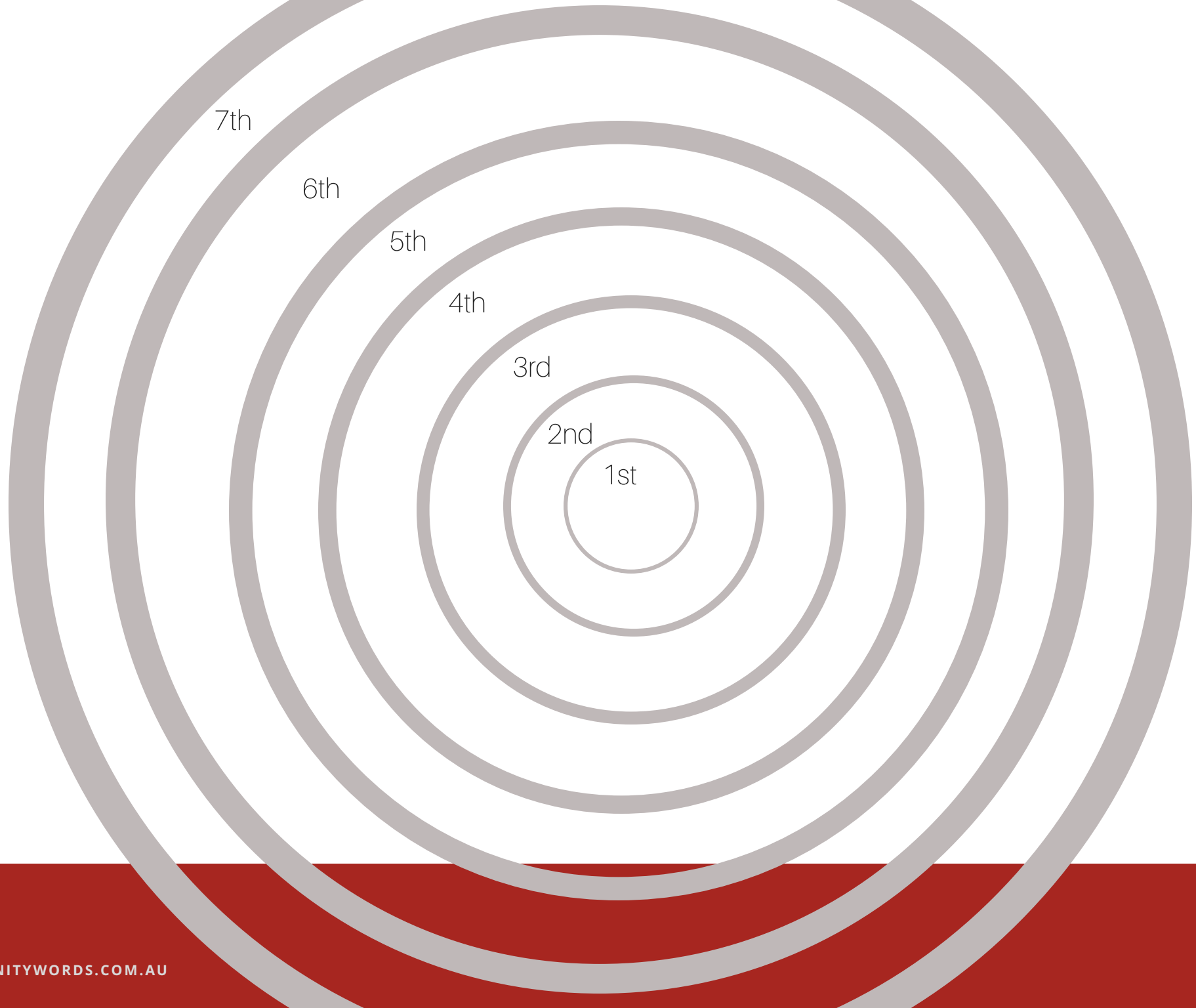
4th - The Moving Lines. My fourth circle gives me time to rest, to find order. This is where I can put people I've just met. I may feel that they are moving to the inner circles or moving out.

3rd - People I respect, who may be friends, family or acquaintances. I feel positive in their company. They may be people I am not as close to, but I still enjoy and feel good about them.

2nd - I feel happy and strong with people in my second circle. These are people with whom I have shared values. Wonderful friends, even if you don't always understand each other.

1st - This is the first circle, the centre. It is the place where I put the people I trust with my heart and soul. It is the beginning of my tribe.





7th

6th

5th

4th

3rd

2nd

1st