

Your Social Circle

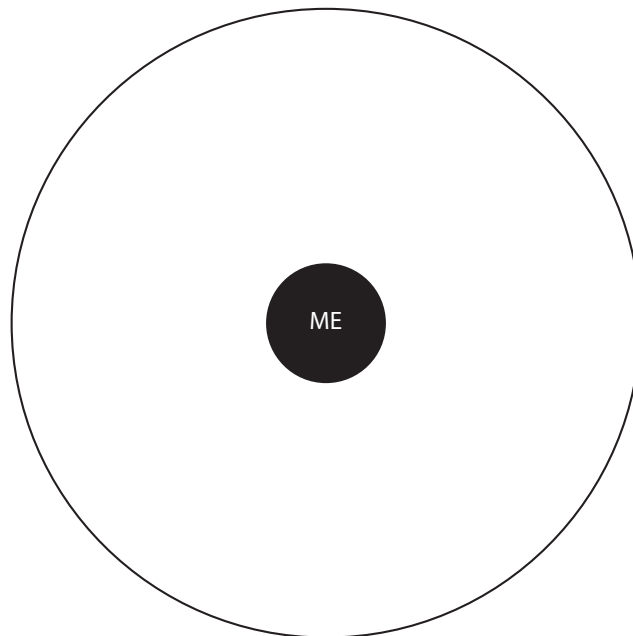
Your social circle consists of the people you have around you who can support you. Everybody's social circle is different.

People in your social circle may include:

- Family
- Friends
- Health professionals
- Other people such as a boss, a soccer coach, or a teacher

Having other people in your social circle that can support you is important to your recovery from psychosis. But psychosis may have caused you to withdraw from other people. You may have found yourself spending more and more time alone. If so, then you will need to build up your social circle again.

In the circle below, think of yourself as in the middle. Then around you write in the names of all the supportive people you have in your life right now.



Consider whether your social circle is right for you. You may have only a few people in your social circle and that's okay as long as you feel you get the support you need. Having a few people who are very supportive is better than having a lot of people who aren't that supportive!

Also consider whether there is a good balance in the types of supportive people you have. For example, are there lots of health professionals and family in your life but you would like other types of friends too?

If you'd like to build your social circle, then you'll need to find opportunities to connect with other people. Consider whether any of these alternatives for connecting with other people would work for you.

- Getting back in touch with old friends or family members you haven't seen for a while
- Asking any current friends if they want to do something with some of the other people they know (such as go to a movie together as a group)
- Going to an EPI group session where you'll meet people your own age who are having similar mental health problems
- Joining a club or group that focuses on your interests – this could be sports, art, music, cooking or whatever it is that you like to do

Identify two different opportunities you might have for expanding your social circle. You will then need to make a plan to act on these opportunities – the goal setting worksheets might help you with this.

Two opportunities I have for connecting with people...

1.

2.