



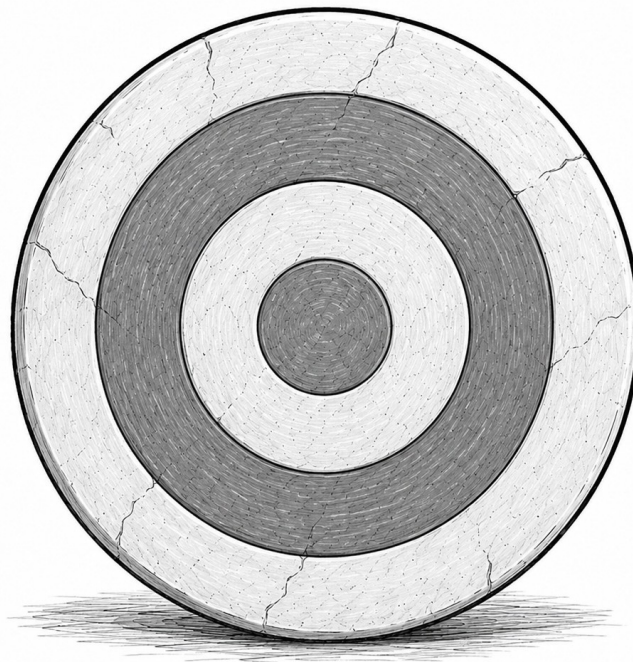
Who Is Close to You?

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Understanding where others are in proximity to us emotionally helps us to navigate boundaries and expectations in healthier ways. Who is closest to you, and who is further away?

- Who is in your inner circle?
- Who is in your middle circle?
- Who is in your outer circle?

Place the names of people in your life on the bullseye below.



"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

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