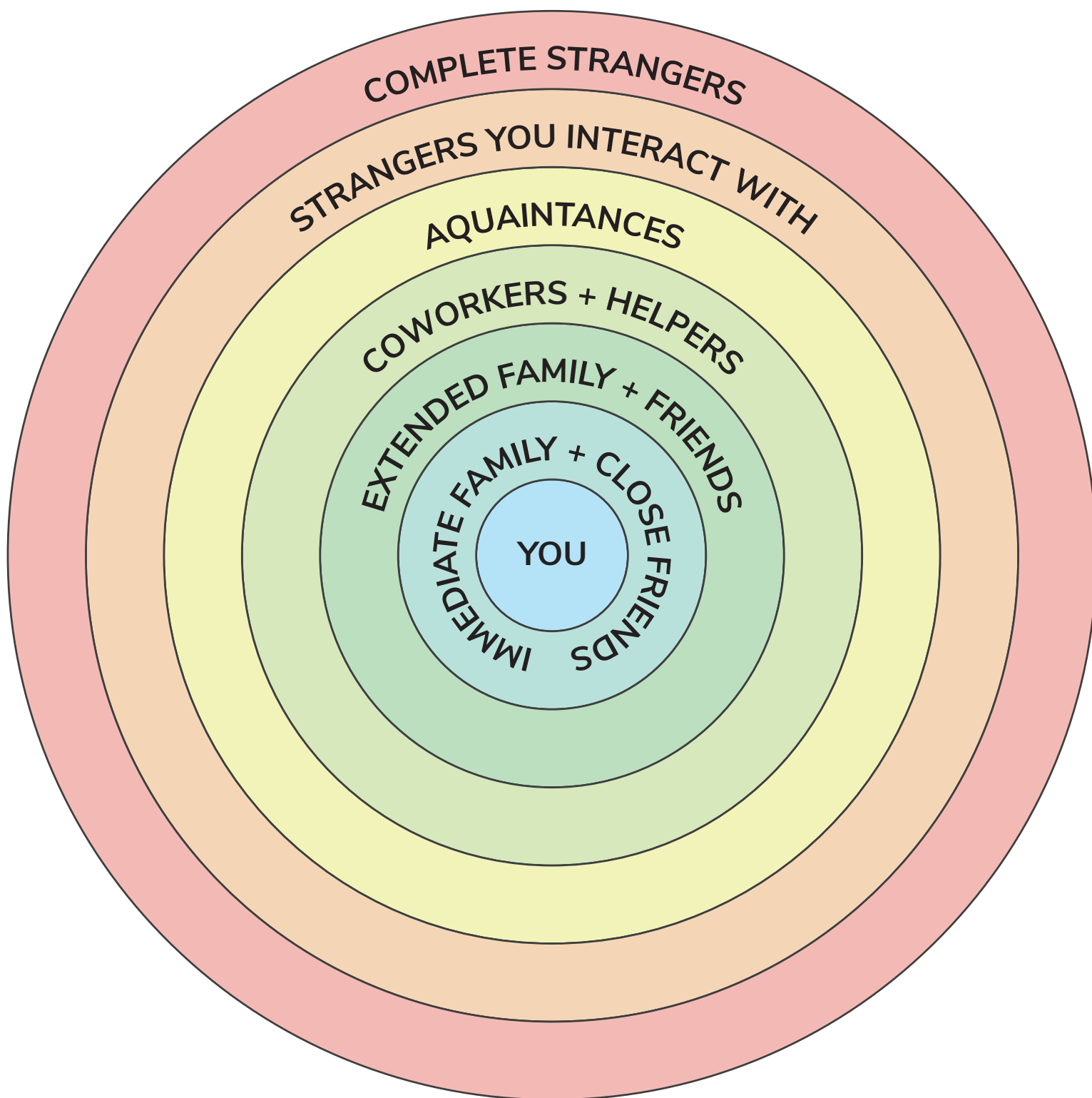


# Relationship Rings

Understanding these layers helps you know how to interact with different people and set boundaries to keep yourself safe and comfortable. It reminds you that some people are very close and trusted, while others are more distant.



## You

You are at the center of a relationship circle of boundaries because it helps you understand how close or distant different people are in your life. It's important to understand your needs and feelings and take care of yourself. By taking care of yourself and setting boundaries, you can feel safe and happy in your relationships with others.

## Immediate Family + Close Friends

Immediate family are the people closest to you. You could live with them or see them often. This could be parents, siblings, a partner, or children. Close friends are people you enjoy spending time with and they make you happy. They are not part of your family, but they care about you and support you. You can share your thoughts and feelings with them and they listen and help you. Close friends are special because they are like family you choose.

## Extended Family + Friends

Extended family are relatives like grandparents, aunts, uncles, and cousins. They may not live with you, but they are still important and can be part of your support system. Friends are people you enjoy spending time with. You may not see them all the time, but they care about you and support you.

## Coworkers + Helpers

Coworkers are people you work with at your job. They help you do your work and you help them too. Helpers are people who assist you with tasks and activities, like teachers, caregivers, or therapists. These relationships are important because they support you and make things easier for you. They help you succeed.

## Acquaintances

Acquaintances are people you know but don't spend a lot of time with. They might be neighbors, classmates, or people you see occasionally. You might say hello to them and have short conversations, but you don't share personal feelings or spend much time together. Acquaintances are friendly and familiar faces in your community.

## Strangers You Interact With

Strangers are people you don't know and haven't met before. You might see them in places like stores, parks, or on the bus. Sometimes you need to talk to strangers, like when you ask for help or buy something. It's important to be polite and careful when interacting with strangers. They are not part of your family or friends, but they can be helpful in certain situations.

## Complete Strangers

Complete strangers are people you have never met and don't know at all. When interacting with complete strangers, it's important to be polite but also careful. Greet them if you need to talk to them. Don't get too close to them. Don't share personal information about yourself like your address or phone number. If you need personal help, it's better to ask someone in your inner rings.