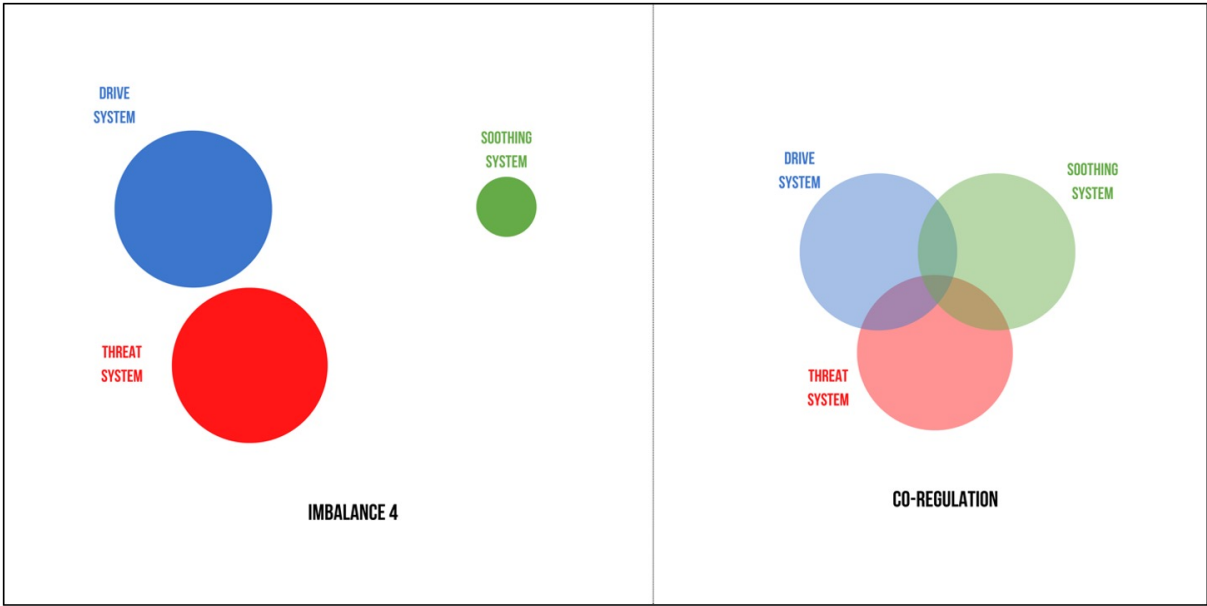
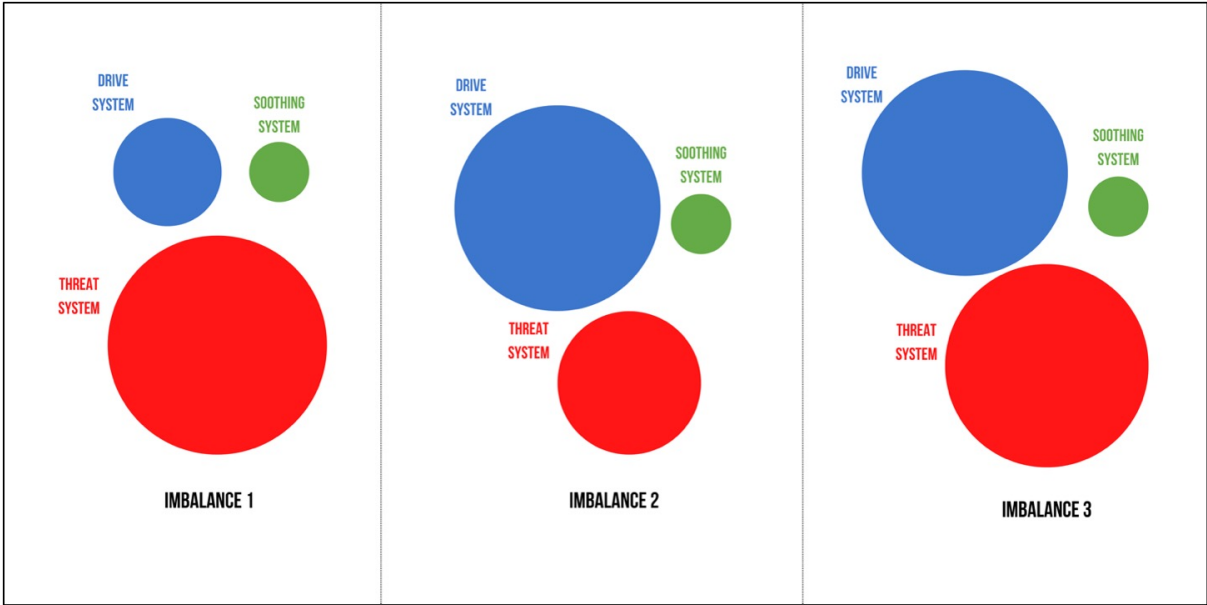


**HANDOUT 2.4: DRAWING THE THREE CIRCLES**

Consider the following possible three-circle configurations, then draw your own three circles.



## YOUR THREE CIRCLES

Try representing in the space below your three circles. Draw the circles, assigning them the correct "proportion" to your life right now.

Inside each circle try writing:

- What current experiences and events are part of each of them
- What activities are part of each one
- What memories you have within each one
- How are they related to each other. Do they offset each other? Do they regulate each other?
- What people would you place within each?

Points for reflection:

- Was there a time when their conformation changed?
- Do you wish the proportions were different at this time?
- What do you wish for yourself from now on? What would you wish for another person you care about and cherish?