

Circle of Support

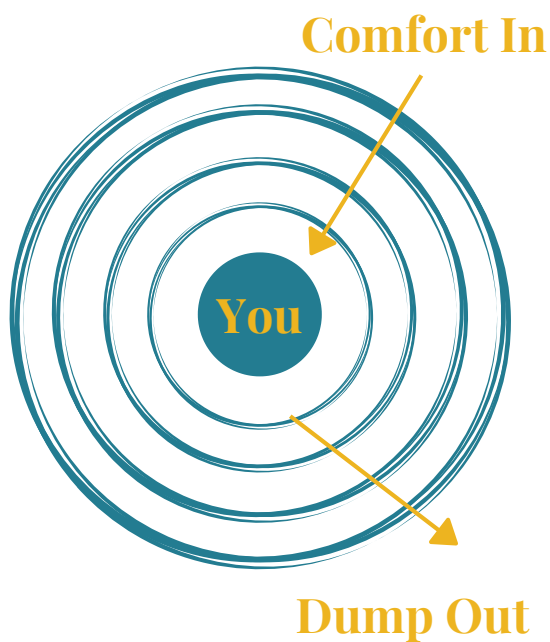
Your concussion recovery can be a difficult time, but knowing you have people who support you can make a big difference in this process. Mapping out your circle of support is a great way to help you visualize all of the people that care about you and would be happy to help you in any way they can. You'll be amazed by just how many people can and are willing to help you!

Why should you create your circle?

The idea of the circle of support is to take time to identify your closest sources of support compared to more distant ones, so that you can identify who you can turn to depending on what you need.

What do the members of your circle do?

The most important thing that the people in your support circle do is bring you comfort in and let you vent out or "dump out" (see diagram above). This concept was developed by a psychologist named Susan Silk and her friend Barry Goldman in their book "Ring Theory".



In summary, their idea is that the person in the center of the circle should get comfort coming in from everyone one in the rings above them and get the opportunity to vent or "dump out" to anyone in the rings above them. This "dumping out" really means that they give you the opportunity to vent and complain without belittling you or making it about them. The key of this ring theory is that the people in your circle of support avoid "dumping" onto you as they recognize that you already have enough going on. If they want to "dump out" they can do so to someone in a circle bigger then their own.

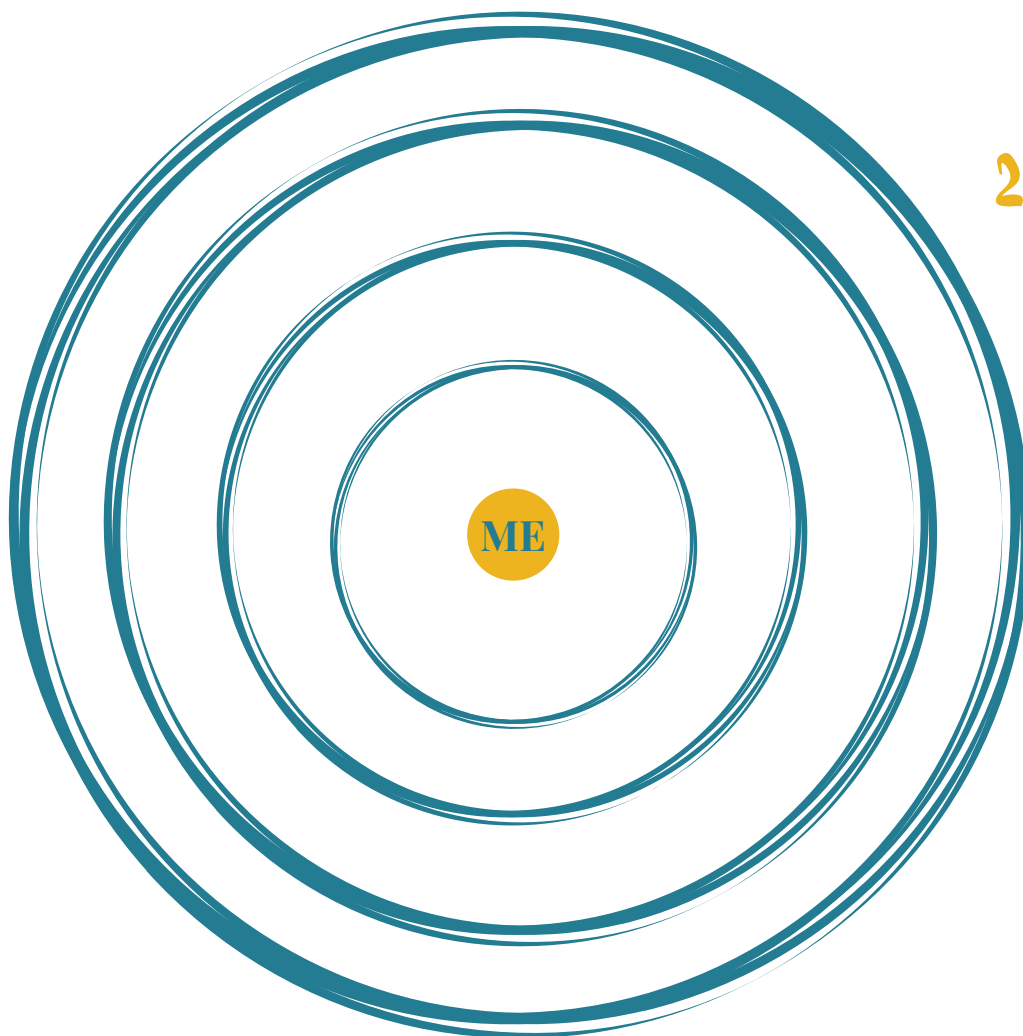


Creating Your Circle of Support

1. Take a few minutes to list the names of people with whom you interact. This list can include friends, family, colleagues, classmates, teammates, teachers and members of your medical team. You want to list anyone you would feel comfortable talking to about what is going on and anyone who may be able to help you in some way (ex. tell you what you missed in class or drive you to an appointment, actively listen)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

↑ List as many or as few names as you would like. If you run out of space you can list additional names on an another piece of paper.



2. Once you have a completed list, begin to assign the names you wrote down to different levels within your circle of support.

In the inner rings, put the names of the people you are closest to (ex. family), and in the outer rings, put the names of people who you interact with less.

Do not feel you have to include all of the names from your list in your circle of support.



Keep Your Head Up
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