

Activity 1

Relationship map

A Relationship Map is a way to diagram a social network and can show us why it is important to work on community connections. Here are four steps to filling it in —

1. If you were doing a map for yourself, YOU are in the middle
2. In the first, inner-most circle put the people you see the most frequently, love the most, are closest to
3. In the next outer circle put people you associate with but know less well than the inner-most circle
4. In the outer-most circle put people that are acquaintances, people you might know by name but not that well

The different titles of each section represent different life arenas through which you know people. So “Leisure-recreation” does not mean that you have recreation activities, but rather: who do you know through that recreation? If you’re on a softball team, who are the other team members, coaches, others you know? “Family” — not just your own family members, but others you know through your family — like friends of your sisters, etc.

