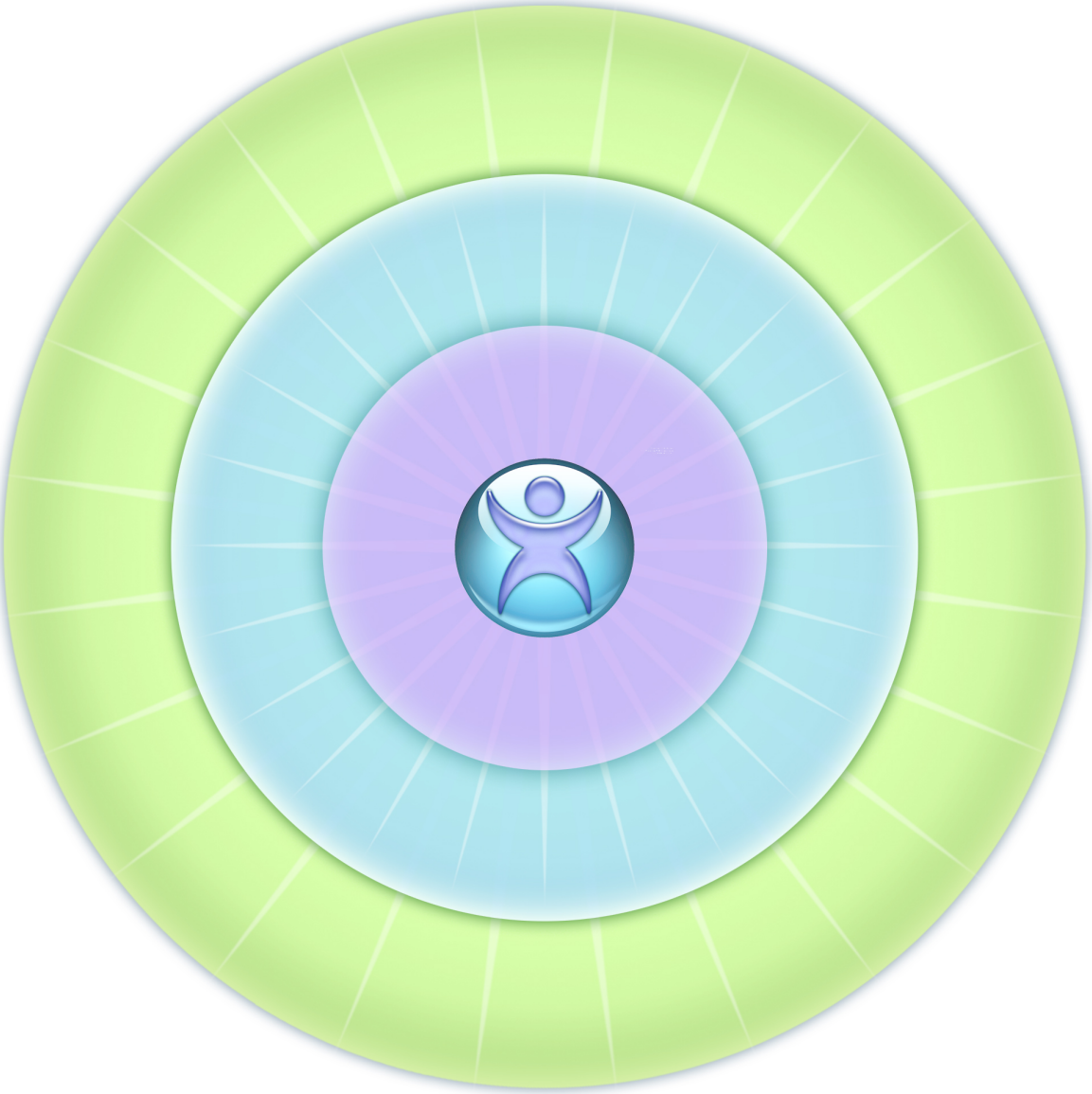
My Support Circle

Fill the colored bands below with those people that have been a part your life since you started your grief journey. Some that you hoped would be there for you may have, while others were not able to deal with the loss or your sadness. Still others may have shown up for you in surprising ways. This is your chance to see that you are not alone.

The purple area closest to you would be for those that have been the most supportive. The aqua band would be those that have been fairly supportive, and in the green, those that have been the least supportive. If there are any that you can't specify, put them outside of your support circle.

Note: Those closest to you may not necessarily be in your immediate family.