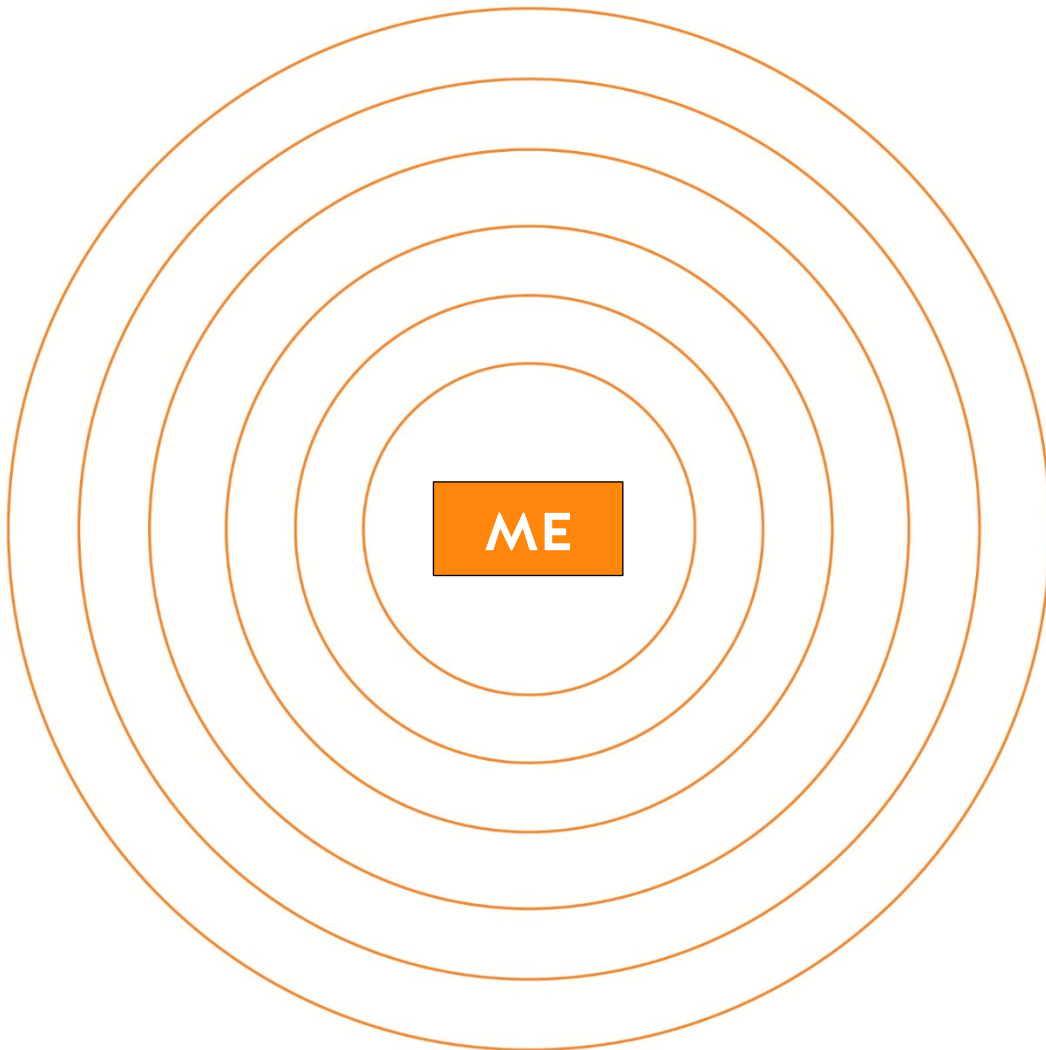


## EXERCISE: MY SOCIAL NETWORK

### 1. WRITE DOWN YOUR HUMAN RELATIONSHIPS IN THIS CHART

You can write down the pattern on an extra paper. Place the persons closer to the centre of the circle depending on how important they are to you. Place the less important people further from the centre. There can be many important people in the chart: family, relatives, fellow students, colleagues, friends, and acquaintances. We might also have other important contacts such as neighbours or the people we meet in hobbies. you can also write down the names of your pets or the people you were close with before. If you feel like there's no one to add, think about people you meet, who you smile at or greet. Write them down in the chart.



**2. DRAW ANOTHER CHART WHICH DESCRIBES YOUR SOCIAL NETWORK AS YOU WISH IT WOULD BE IN TWO YEARS.**

