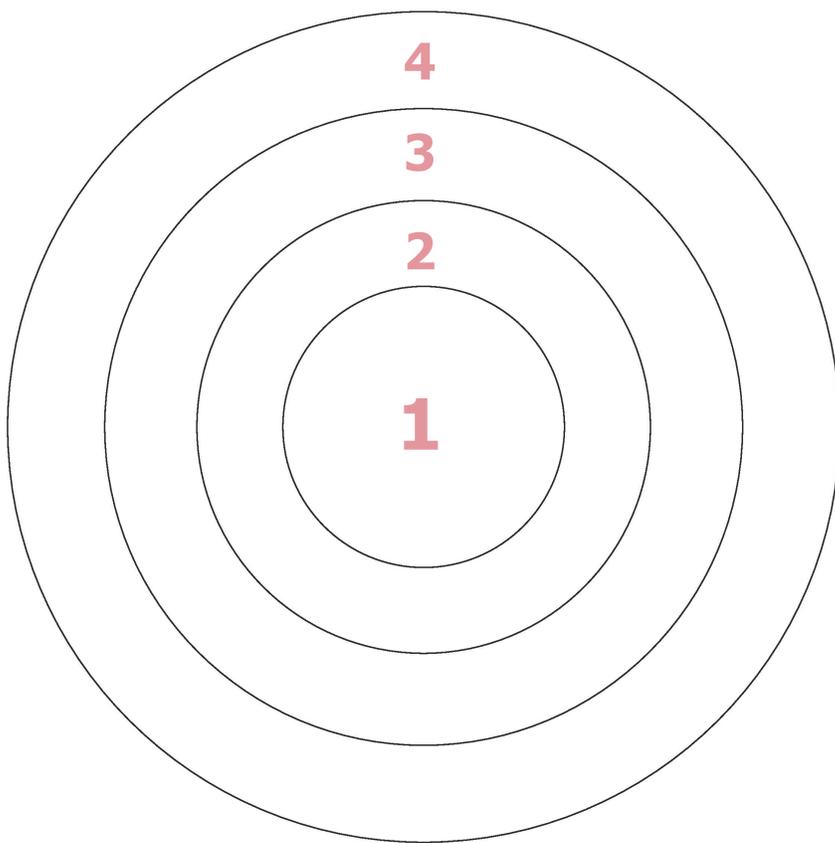


# My Bubble Worksheet

## Instructions

It is normal and healthy to have some people in your life that are close to you, and some people who are a bit further away. Similarly, it is natural to have different boundaries with people who are closest to us than we do with those who are furthest away.

Use the worksheet on the next page to consider the people in your life (like friends, family members, teachers, coaches, etc.) and how close they are to you: you are going to map people in your life at a distance from you that makes the most sense for you: there are no right or wrong answers!

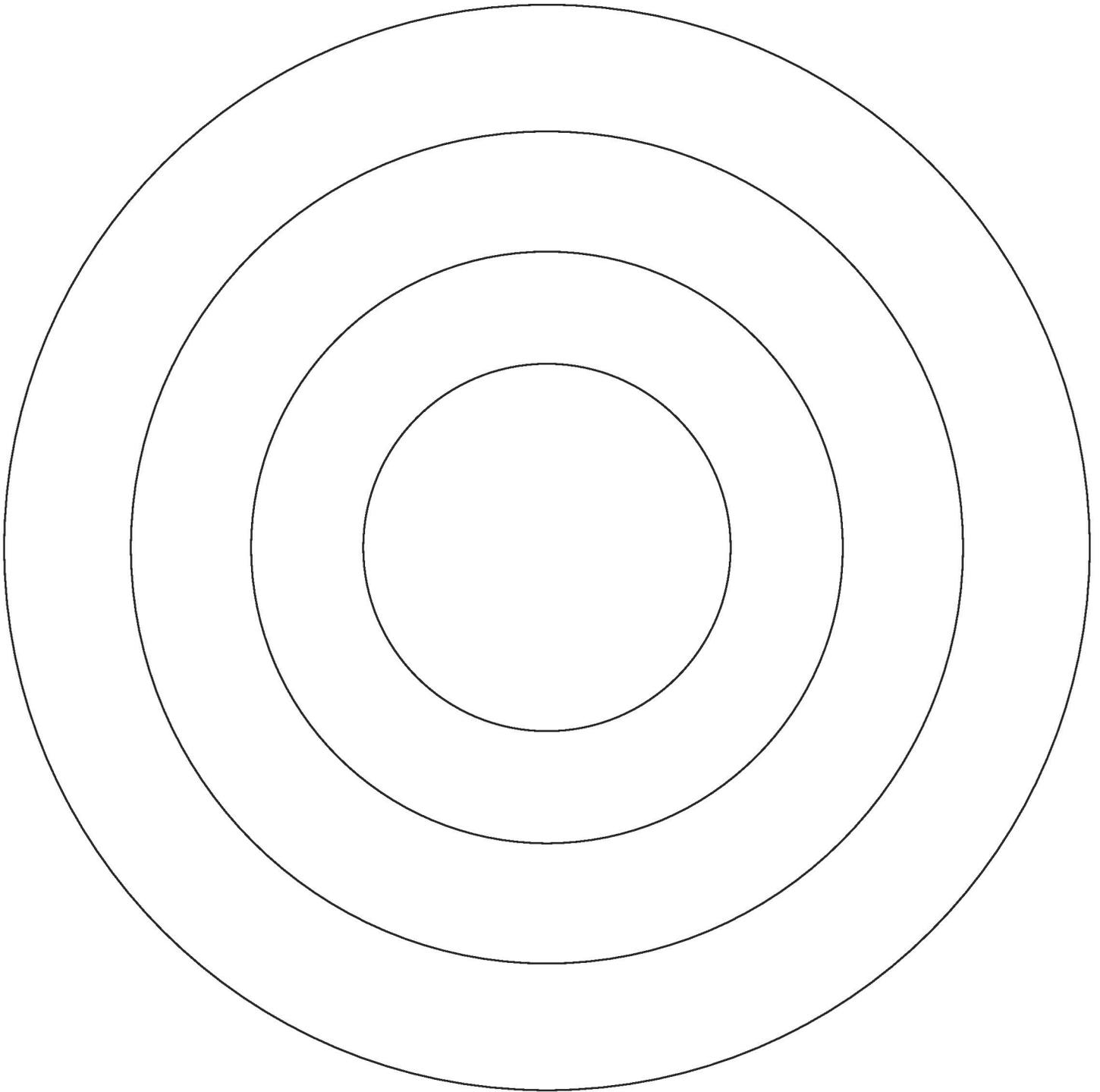


- 1.** The innermost circle is you: draw or write something that represents you.
  - 2.** Fill the bubble closest to you with the people you have the closest relationships with.
  - 3.** Fill the next bubble with folks who are in your life but feel a bit further away.
  - 4.** Fill the last bubble with people who are in your life but are not close to you.
- \* Lastly, think about each of the relationships on your worksheet and how they make you feel. If they make you feel mostly good and positive, put a "+". If they make you feel mostly negative, put a "-" symbol. If a relationship has made you feel both good and bad, you can put a combination of both "+-". Again, there are no right or wrong answers.

Everyone has felt hurt by someone in their life at some point. This is usually a sign that our boundaries have been crossed somehow; when that happens, it is not your fault.

# My Bubble Worksheet

Name \_\_\_\_\_ Class Period \_\_\_\_\_



This project was supported by Grant No. 2016-CY-AX-0014 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.