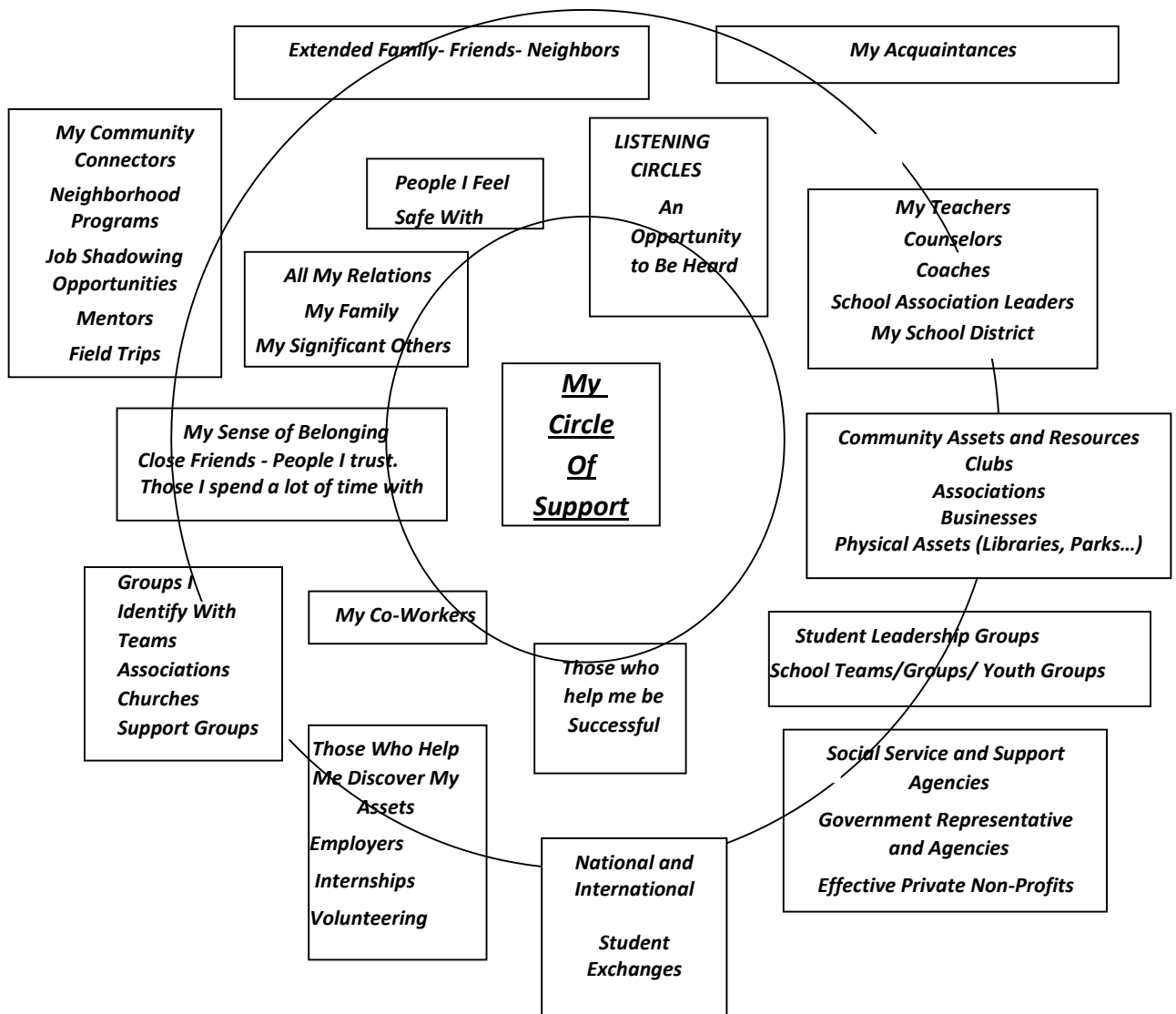
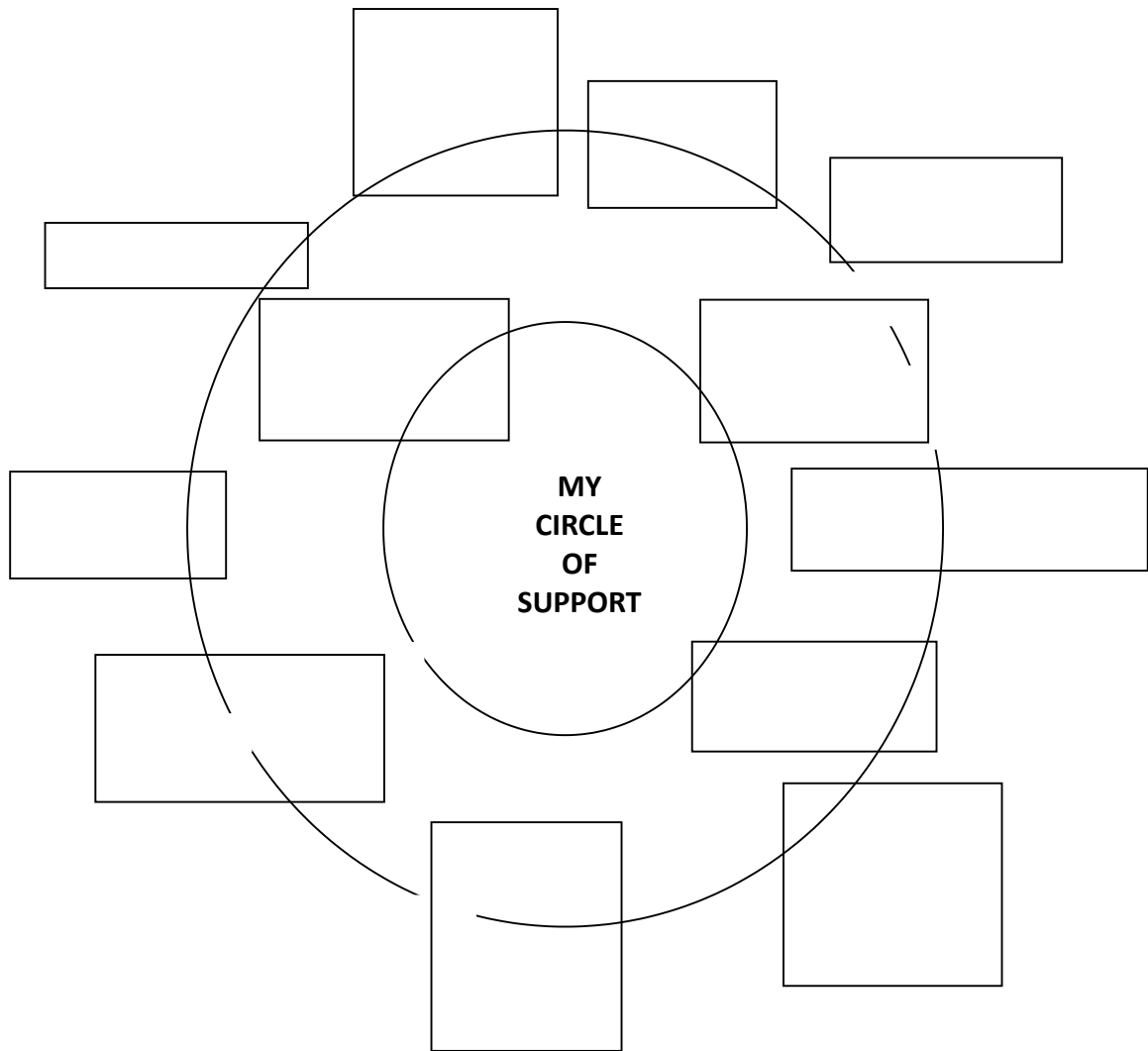


# CIRCLE OF SUPPORT





***“We’re wired to care for one another”***

**Dr. Joe Dispenza**

### **My Circle of Support**

**Helps me build upon my strengths and abilities.**

**Facilitates my sense of belonging and connectedness to others.**

**Opens doors for me because I am leading in decisions that affect me.**

**Might improve relationships with my family, significant others, and with those I choose to partner with for support.**

I go to [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) (ST4T) video channel: Circle of Support/ Future Community Connections, and (Hope Journeys) video channel: Community Building Choices- Circle Process

Objective # 1:

When I am looking for someone to talk to that I trust the most, when I need support, or just want somebody to listen, I call on....

***“We don’t accomplish anything in this world alone.”***

Sandra Day O’Conner- Supreme Court Justice

Objective # 2:

When I want someone to talk to about my ideas and plans for my future, I talk to...

Objective # 3

If I or someone I care about has a problem, or is in trouble, I connect with...

Objective # 5:

I spend time twice a month or more with someone I admire.

I go to [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) (ST4T) video channel: Circle of Support/ Future Community Connections. I write about the qualities I admire in this person.

\*When I show sincere interest in and demonstrate respect for someone who has accomplished good things in their life by asking questions and really listening, I learn so much.

I choose to engage with the purpose of learning\*

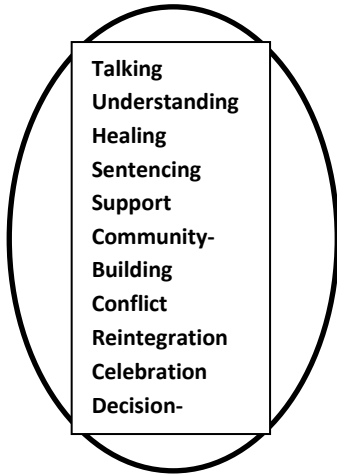
Names, dates, experiences:

Objective # 8:

I seek out opportunities to actively support things I believe in. I give what I need or want. I soon discover that what I am doing, and who I am being, often ends up bringing me the things I want or need. I'm not expecting something in return, I'm just allowing for whatever happens.

## ***Ideas \* Plans \* Information \* Notes***

### *Types of Circles*



Paraphrased Source: "The Little Book of Circle Processes"  
by Kay Pranis

### *How Circles Work*

- \* Everyone is respected
- \* Everyone gets a chance to talk without being interrupted
- \* Everyone is equal
- \* All viewpoints are welcome

#### Circles Require

**A Talking Piece-** the person speaking holds the piece, handing it to the next person when finished.

**Leader-** monitors the time and group process but does not control decision-making.

**Guidelines-** promises participants make about how they will conduct themselves during the circle.

I go to [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) (Hope Journeys) YouTube video channel:  
Community Building Choices

***“Projects that connect young people productively  
with other youth and adults  
Are now seen to be the foundations upon which  
healthy communities can be built.”***

***John P. Kretzmann and John McKnight***

**Authors and community building leaders, John, and John P.  
co-wrote Building Communities From the Inside Out; A Path Toward Finding And Mobilizing A  
Community’s Assets**

**Professor McKnight worked for many years as a neighborhood organizer in Chicago. He started the Center for Urban Affairs at Northwestern University and co-founded with John Kretzmann the (ABCD) Asset Based Community Development Institute, helping neighborhoods become stronger by focusing upon their assets rather than deficits.**

**ABCD principles are now successfully employed in dozens of countries around the world.**

**Source: Building Communities From the Inside Out; A Path Toward Finding and Mobilizing a Community’s Assets**

***“Here is the rub: Systems that are constructed for order cannot provide satisfaction in domains that require a unique and personal human solution. This is not a critique of any individual’s leadership or method of operation. It is that systems have a limit by their nature, they cannot provide prosperity or peace of mind or a life of satisfaction.”***

***John McKnight, The Abundant Community: Awakening the Power of Families and Neighborhoods***

**See videos: I go to: [smoothtransitions4teens.com](http://smoothtransitions4teens.com) (ST4T) Internships/ Volunteering, and  
(Hope Journeys) video channel / Community Building Choices**