

Rebuilding Social Circles

Day 1 - Map Your People

See who's already in reach.

Why this helps

Loneliness often hides familiar names you haven't contacted in a while. Mapping family, neighbors, old colleagues, and community contacts reveals easy first steps and reduces the 'I have no one' feeling.

How to do it

Draw three rings: close, occasional, and distant. Fill each with names. Star three people who feel safe to message or call this week.

Example

Close: Ayesha (sister), Imran (neighbor). Occasional: old coworker Salma. Distant: school friend Raza. Stars: Ayesha, Imran, Salma.

Activity - Three-Ring Relationship Map

Close circle names

Occasional circle names

Distant circle names

My 3 stars to contact this week
