

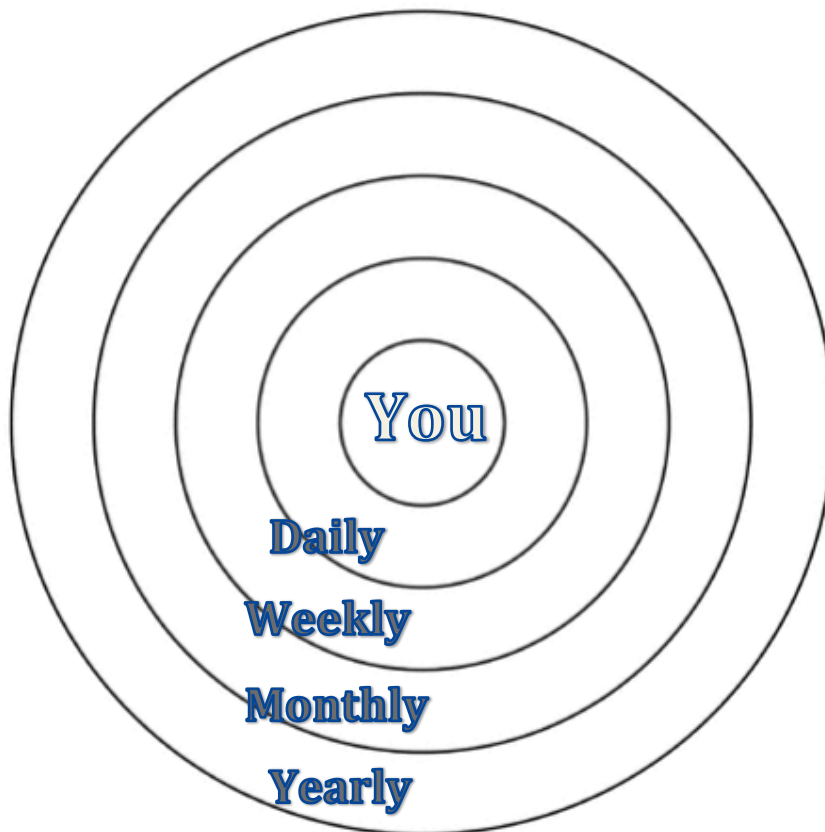
# Activity: Create Your Personal Sociogram

**Purpose:** This is a structured exercise to reflect upon your personal social map to learn where you can take concrete changes to increase your social connectedness.

## **Part 1: Develop your map/sociogram**

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1. Somewhere on a piece of paper or document, draw five concentric circles like below. Label the circles as follows: the center one is you, and then each circle represents frequency (daily, weekly, monthly, and yearly).
2. Quickly list up to 10 people that are part of your social network.
3. Write the names of your ten people on circles based on how often you see them. Mark down whether it is in person, on the phone, or via video.



## **Part 2: Review your social connections map**

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Reflect on the following and write out answers:

- Who are your most important connections right now?
- With whom can you share your personal experiences or feelings?
- From whom can you get advice to help with your wellbeing?

- Whom do you want to spend time with socially in the next couple of weeks?
- Who might be able to help you with practical tasks (errands, paperwork, yardwork)?
- Who might need your help or support right now?

### **Part 3: What needs changed?**

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Write down who or what is missing or needs to be changed in your network. To help you decide, ask yourself:

- Are there types of support missing?
- Are there loved ones or friends with whom you wish to reconnect?
- Whom do you want to spend more or less time with?
- Are there some relationships you want to improve?
- Do you want to help others, but aren't sure how to go about doing it?
- Do you want to have more social activities?
- Do you want to do more for others by joining a community group?

### **Part 4: Make a social support plan**

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- What concrete steps could you take to make social changes for the better (e.g., increasing contact with desirable people and limiting contact with negative ones)? Come up with a concrete plan for what you are going to do and when you will do it.