

Closeness Circle

The *closeness circle* is a valuable way to identify patterns of difficulty in maintaining strong interpersonal relationships. The diagram focuses attention and encourages the development of interpersonal skills (Dietz, Weinberg & Mufson, 2018).

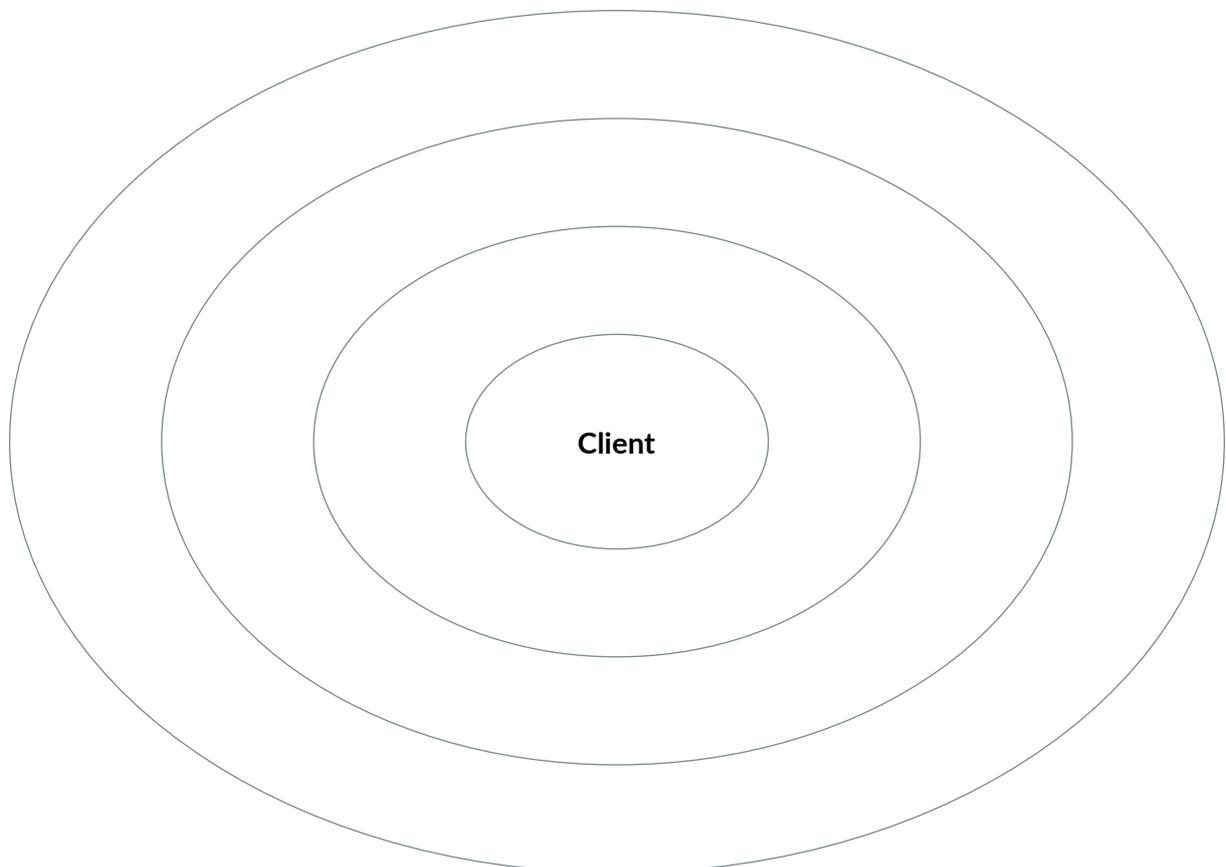
Completing the visual diagram helps the client display their perceived degree of intimacy in their relationships.

The therapist may need to prompt the client (especially children) with questions to help them recognize their relationships with family, friends, and colleagues.

Explain to the client that this diagram will visually represent important relationships in their lives.

Ask the client to:

- Place their name in the innermost circle.
- Write down each important relation in their lives on a sticker (for each family member, friend, and significant relationship).
- Place each sticker on the diagram in relation to themselves in the center circle.
- Explain that the inner circle is reserved for people the client feels closest to.



The visual map helps the therapist and client form a better understanding of the meaningful relationships in the clients lives.

Reference

- Dietz, L. J., Weinberg, R., & Mufson, L. (2018). *Family-based interpersonal psychotherapy for depressed preadolescents: Clinician guide*. New York, NY: Oxford University Press.

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