

Sociogram

The sociogram is designed to capture those in your social circle and the importance of the role they play in your life. Grab a blank sheet of paper and let's get started. Refer to the instructions below and the legend.

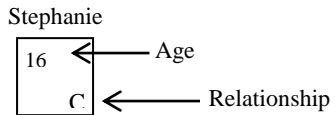
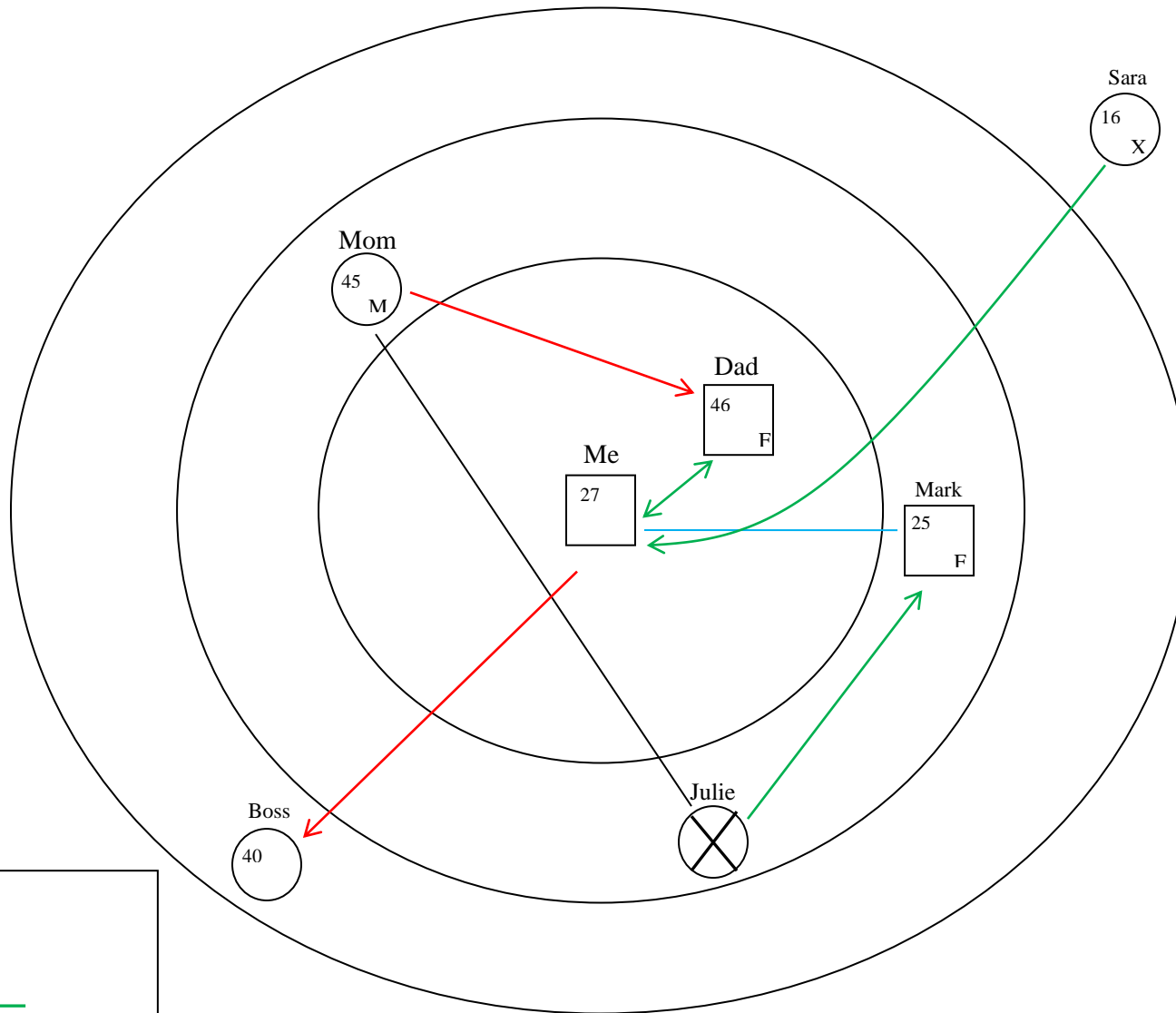
Instructions

Step 1:
Draw three circles with yourself in the center

Step 2:
Draw circles and squares for everyone you want on your sociogram placing them in the appropriate level of closeness to you

Step 3:
Define the kind of relationship with each person. Is it a positive relationship? Then decide if it is one directional or bidirectional/reciprocal?

Step 4:
Lastly, fill in the age and how you are related to each person.



Legend

- Circle = female
- Square = male
- Positive Relationship = →
- Not much of a Relationship = —
- Strained/Estranged Relationship = →
- Negative Relationship = →
- Bidirectional relationship = ↔
- One way relationship = →
- Level of Closeness = ○

F = Friend B = Brother S = Sister C = Cousin CW = Coworker P = Parent SM = School Mate
 BF/GF = Boy/Girl Friend A = Associate U = Uncle A = Aunt GP = Grandparent
 X = Ex or past relationship ☒ = past away N = Niece N = Nephew M = Mother F = Father