




Eco-Map Worksheet

Instructions. Use the eco-map to get a sense of your network of social support. Write your name in the center circle and write the names of people who support you in the surrounding circles. Add more circles if you need to. Then, connect each name to your circle in the center with a line representing your relationship:

 Strong ties, indicated by smooth lines: people you feel close to, see or talk to relatively often, and can turn to for emotional support or help

 Weak ties, indicated by dotted lines: people you aren't necessarily close to, but know and can rely on for certain kinds of support, like advice or information

 Conflictual ties, indicated by zigzag lines: currently strained or stressful relationships, but with the potential for repair

