A small step toward your circle

Connection does not have to mean a deep conversation. Start with something you would actually do.

- ☐ Send a low-pressure message.
- ☐ Share music, draw, or hang out.
- ☐ Sit nearby without having to explain.

My version of reaching out:

A message you can borrow:

"Want to hang out for a bit? I could use some company."

Use a made-up example if you prefer.
Share only what you choose.

Your circle can keep growing.

A safe person might be a relative, teacher, counselor, coach, nurse, or family friend. Notice who listens and helps you stay safe.

A connection I want more of

A person, place, or group:

_____

A low-pressure way to reconnect:

_____

One small connection is a place to start.

988 Suicide & Crisis Lifeline

Call or text 988 for support in a crisis.

You're not alone.

Progress is Progress LLC

Mile or a Millimeter

www.progresscounselingprograms.com

Your Circle

You belong to more than one hard day.



01 / YOUR CIRCLE

Who helps me feel like me?

Different people can show up in different ways.

People I can be myself around:

Someone for the harder stuff:

Places or activities that feel like me:

You do not have to list family.
Trust is about how someone treats you.

02 / YOUR CIRCLE

What helps me feel I belong?

People, places, and things can all matter.

Check what matters to you:

- ☐ I can be myself without performing.
- ☐ My privacy and limits are respected.
- ☐ I can disagree without being threatened.
- ☐ Care goes both ways.

A place, activity, or community connection that matters to me:

Culture, language, shared interests, places, and community can all help you connect. You get to name what matters to you.

There is no single way to belong.

03 / YOUR CIRCLE

My connection plan

You can ask for company or help.

Words you can borrow:

"I'm having a rough day. Do you have a few minutes to listen?"

A safe person I can reach:

How or where I can find them:

If they are not available, I can try:

If you feel unsafe or need more support, reach out to a trusted adult or counselor. Keep asking if the first person does not help.