WHO IS IN YOUR NETWORK?

YOU

Close Personal Ties

Strong Ties

Weak Ties
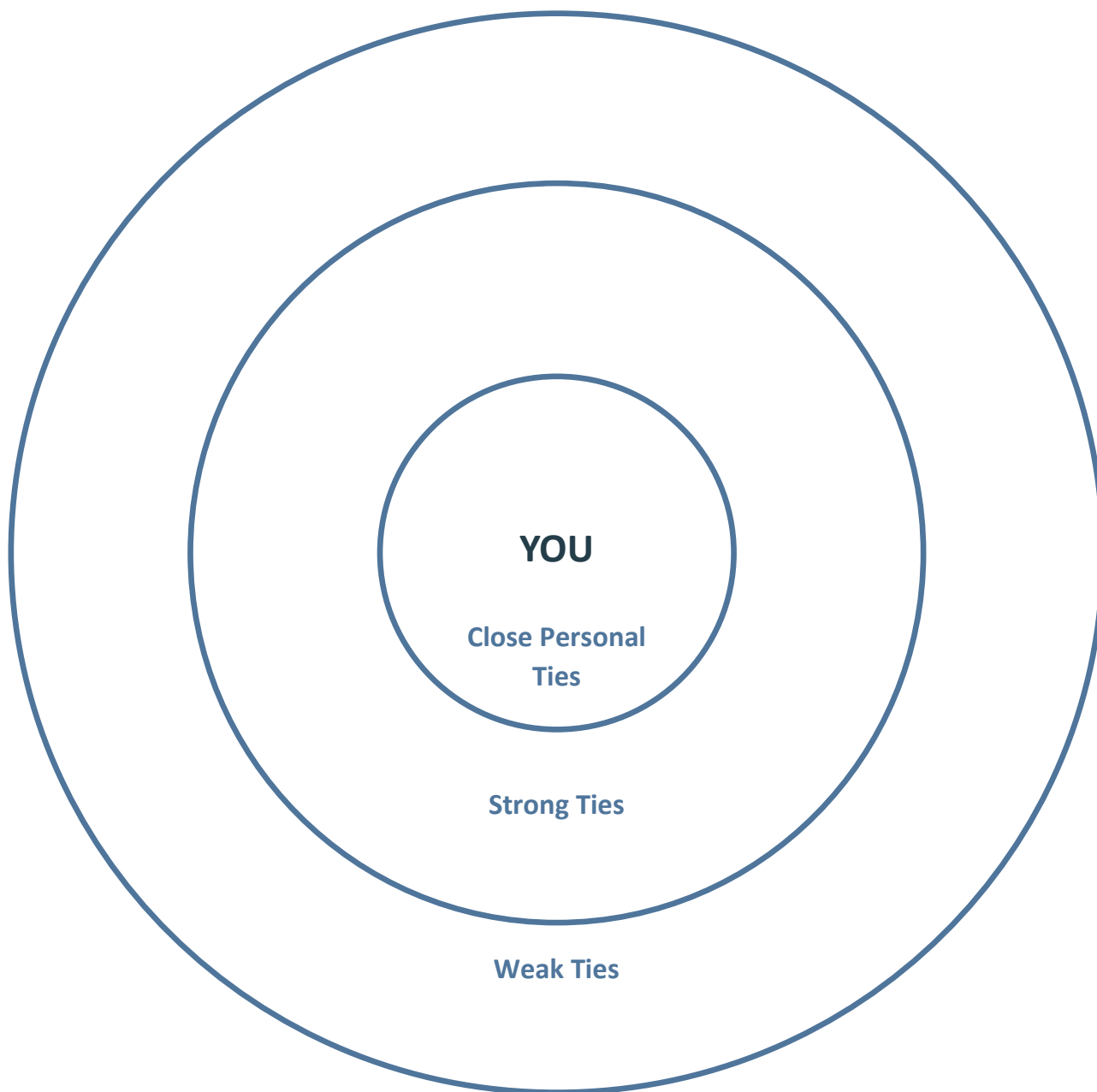
Thinking about your networks as "nodes" and "lines" is a helpful way to quickly visualize who is connected to whom, where redundancies exist, and where there might be gaps. In this exercise, we will practice drawing our personal support networks. In this first worksheet, list out the people who "help you with the things you need." It is up to you to decide if you want this to be a personal or professional network, or both.

DRAW YOUR NETWORK

YOU ○

Now, take the list of people (places and things) that you listed on the previous sheet. Draw a circle (a node) for each person and then draw the lines between them to show who has a connection to each other. You might want to use colors to define different types of connections, or dotted or thin/skinny lines. You might make the nodes different colors or sizes to show their differences. Keep track of your decisions in the "Key" box.

Is your network more open?
Or do you have a more closed network?

KEY: