

Questions to think about to get started:

- Who knows you well?
- Do you know them well?
- How long have you two known each other?
- Who do you trust with your personal information?
- Who understands you and the things you care about?
- Who knows how to find out information?
- Who helps you understand when you are confused or scared?
- Who communicates well with you?
- Who listens to you?
- Have they respected your choices in the past, even when they disagreed?
- Are they understanding and supportive when your choices differ from theirs?
- If you're unsure about any of these, consider a conversation with them about your needs and expectations.

People who you're asking to be in your circle should have some important qualities. Here is a checklist about kind of personalities and characteristics a person might have that makes them a good fit.

- **Respect:** Does this person respect your ability to make choices?
- **Listening ability:** Does this person listen to you when you talk? Do they take what you say seriously?
- **Availability:** Does this person make time for you and what you need? Do they have the time to be a part of your team?
- **Supportive:** Does this person support you in your goals? Or do they make you feel bad or sad about things?
- **Knowledge:** Does this person have a strong skill or know about something that they could help me with when needed?
- **Patience:** Does this person get angry and frustrated quickly, or are they calm and patient?
- **Communication:** Does this person communicate well? Can they explain things in different ways, are they clear in what they are saying? Can you ask them questions?

