

Circles of Trust Activity

Instructions: Read through the following list of statements, and using the accompanying "Circles of Trust" diagram, write the number of the statement in the circle you would be comfortable sharing that information, experience or item. If you wouldn't feel comfortable sharing it with anyone, put the number in the center heart (representing you). If you're involved with a romantic/sexual partner, decide where that circle would go. There are no right or wrong answers - your responses reflect your feelings!

1. The name of your crush
2. Your favorite shirt (borrowing to wear)
3. A hug
4. \$5
5. A kiss on the lips
6. Your birthdate
7. Your cellphone passcode
8. Your most embarrassing experience from elementary school
9. Information about your sexual experiences
10. Your political views
11. The name of a celebrity you find attractive
12. Your sexual orientation
13. Your report card
14. Your religious beliefs
15. An unflattering photo of you
16. Your entire Saturday
17. A high-five
18. Your goals for the future
19. Your phone number
20. What made you upset the last time you cried
21. A backrub
22. \$100