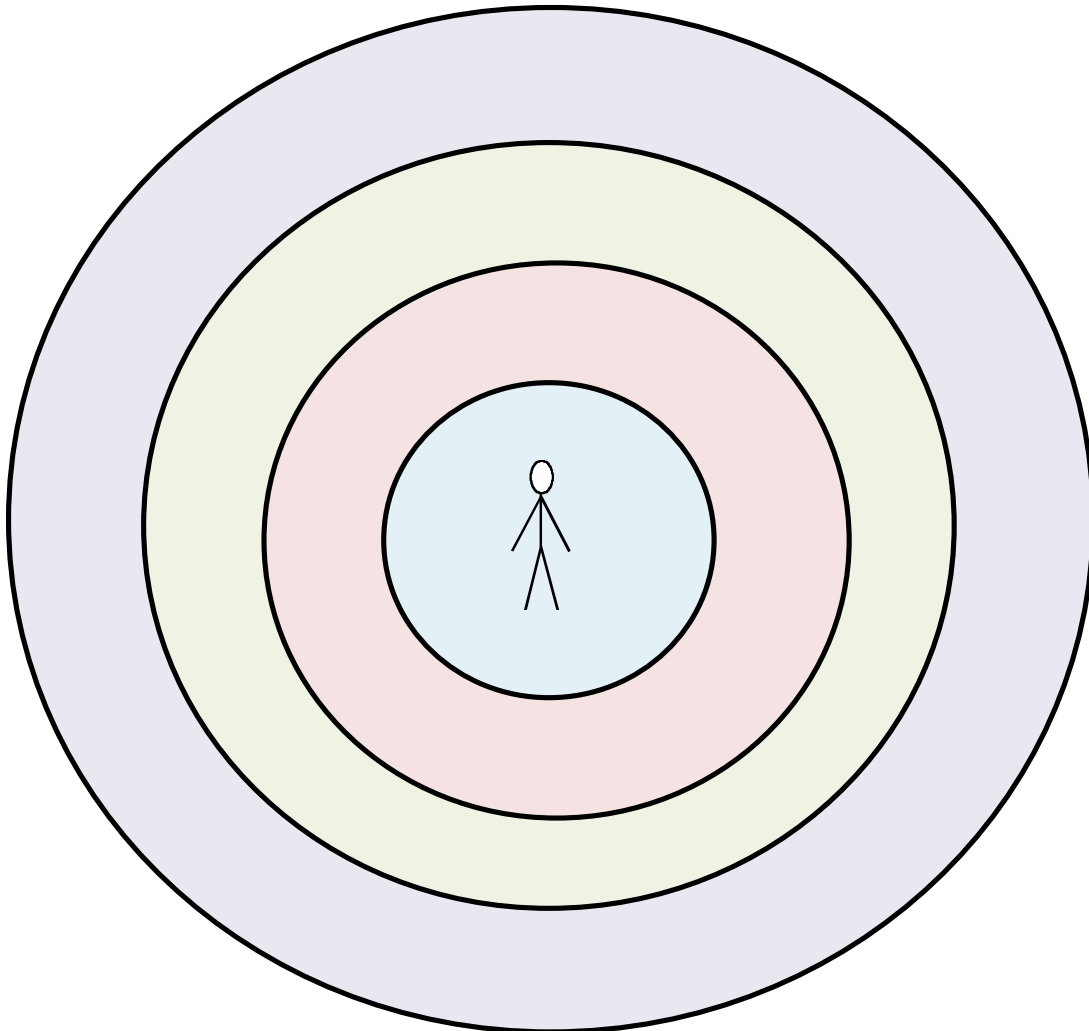




Who could be my complaints buddy?



Judith Snow developed this simple way of illustrating different relationships in your life in her [circles of intimacy](#)

Circle of Exchange - People who are paid to be in your life eg paid carers, health workers, shopkeepers etc

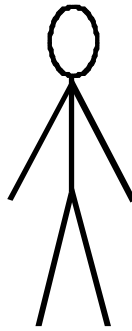
Circle of Participation - People who share activities/interests with you eg work colleagues, members of your club or church etc

Circle of Friendship - People who simply choose to spend time with you and enjoy your company

Circle of Intimacy - People closest to you - your close family and loved friends



Who do **you** want as your complaints buddy?



What **support** will your complaints buddy need?