

MAP THE RIPPLE EFFECT

Who is Affected and To What Degree

HOW TO USE THIS

Your illness will affect those around you. Like ripples in water, those closest to you, what we call the first ring, will be most affected. Those in the second and third rings from the center will be affected differently. To visualize the ripple effect, list the people who fit into the first, second, and third rings of your illness. Doing this will help you and your people understand who will be affected and to what degree.

First ring:

Typically includes spouse/partner, children, best friends, and your chosen family (i.e. those most close and connected to you). We call this group your "inner crew."

Second ring:

Typically includes extended family and friends (those you are also close with but who are not part of your inner crew).

Third ring:

Typically includes neighbors, coworkers, and social and community networks (i.e. those you might socialize with on occasion).

