

CONNECT

Not everyone belongs in *our inner circle.*

Relationships aren't all or nothing.

As we grow in self-awareness and clarity around our values, we naturally move people closer or further away. **Different circles. Different access. Same dignity.**

PEOPLE MOVE CLOSER WHEN THEY

- Respect your boundaries.
- Repair after conflict.
- Celebrate your growth.
- Are emotionally safe.
- Show consistency and reliability.
- Align with your values.
- Make room for the real you.



PEOPLE MOVE FARTHER AWAY WHEN THEY

- Repeatedly violate your boundaries.
- Dismiss or invalidate your experiences.
- Require you to abandon yourself to keep the relationship.
- Create chronic stress or unpredictability.
- Only value the masked version of you.
- Show patterns that don't align with your values.

YOU

Your values. Your needs. Your nervous system. Your wellbeing.

INNER CIRCLE

People who have earned trust. Safe people. Mutual relationships. Actions that consistently align with your values.

MIDDLE CIRCLE

Friends, coworkers, extended family, people you enjoy. Good relationships that don't require full access to your inner world.

You get to decide who has access to what.

- We can care about people and still keep them in the outer circle.
- We can love someone and still need distance.
- We can be kind and still protect our peace.
- You are allowed to change your mind, protect your peace, and put yourself first.