

Circle Type Questionnaire

Answer the following questions by determining the best answer possible. Think of the answers in terms of geography not being an issue. In other words, for the purpose of this exercise, pretend that everyone you know lives nearby (or if you had a magic teleportation device to bring them to you).

Remember there is no RIGHT or WRONG here. Keep track of your answers to tally at the end of each section

The following 17 Questions will reveal your Circle Size:

1. If you were to host a holiday get together, how many people will you invite?
 - A. 0-5
 - B. 6-25
 - C. 25-40 plus

2. You are at a restaurant celebrating your birthday, how many people are there (not including you) and remember you can use the magic teleportation device.
 - A. 1-3
 - B. 4-8
 - C. 9-20 plus

3. If your electricity goes out and 24 hours later has not returned, would you....
 - A. stay home
 - B. find a hotel
 - C. stay with a friend or family member

4. If you had to guess... how many people know what month of the year you were born?
- A. 1-15
 - B. 16-30
 - C. 31-50 plus
5. How many people would you invite to or be comfortable inviting to go on a vacation with you?
- A. 1-5
 - B. 6-10
 - C. 11-20 plus
6. If you have a pet or have had a pet, how many people know your pet's name? (If you have not had a pet then consider people knowing your parent's name)
- A. 1-10
 - B. 11-20
 - C. 21-40 plus
7. How many people would you be able to tell something to and they would keep your confidence?
- A. 1-3
 - B. 4-7
 - C. 8-15 plus
8. If you were upset and needed to vent, how many people would be a good ear for you?
- A. 1-3
 - B. 4-7
 - C. 8-15 plus
9. If you have a social media presence, how important is it for you to have a lot of followers / friends
- A. not very
 - B. I do pay attention to it
 - C. I watch my numbers and try to grow
10. How many people could you call that would help you in the middle of the night?
- A. 1-3
 - B. 4-7
 - C. 8-15 plus

11. If you were stranded somewhere, and assuming you are not out in the middle of nowhere, how likely would you contact someone to help you instead of calling an uber?

- A. not likely
- B. depends on certain factors
- C. of course, that is what friends and family are for

12. In the last month, how many "new" people have you had a conversation with (total strangers)? This is an actual conversation not just a hello.

- A. 1-5
- B. 6-10
- C. 11-20

13. If you attend a social event will you be more likely to:

- A. stay long enough to say hello to a few people so you can say you were there
- B. stay long enough to visit with the people you like
- C. meet new people and include your friends in conversations

14. How many people would you consider "good friends"?

- A. 1-4
- B. 5-7
- C. 8-15 plus

15. How many people would you consider acquaintances (people you know fairly well, but are not part of your inner circle)?

- A. 1-15
- B. 16-40
- C. 41-60 or more?

16. How many people would you consider part of your inner circle?

- A. 1-2
- B. 3-6
- C. 7-10

17. Do you wish you had more people as part of your inner circle?

- A. no, I am happy with my group
- B. at times I do
- C. yes, I would like to increase my circle

Number of A answers _____

Number of B answers _____

Number of C answers _____

Which is the highest number? _____

Mostly A answers indicates a **small circle**

Mostly B answers indicates a **medium circle**

Mostly c answers indicates a **large circle**

The following questions will help determine your Circle Openness:

1. If a friend says something on purpose that causes you to become very upset, how likely are you to say something?

- A. not likely
- B. it depends
- C. very likely

2. If you have an opportunity to go to a fun event, but will not know anyone there, how likely are you to go?

- A. not likely
- B. it depends
- C. very likely

3. How likely are you to go if your friend is taking you to this event?

- A. not likely
- B. it depends
- C. very likely

4. How many friends are you still in contact with from school or childhood?

- A. 1-10
- B. 11-25
- C. 26 plus

5. How many people have you added as real life "good friends" in the last 5 years?

- A. 0-2
- B. 3-6
- C. 7-10 plus

6. Do you ever feel like any of your friends take advantage of you?

- A. too much
- B. yes, and it does bother me sometimes
- C. seldom

7. If you see someone at an event alone in the corner, how likely are you to engage with them?

- A. not likely
- B. it depends
- C. very likely

8. Do you ever purposely avoid getting together with friends due to potential stress or anxiety?

- A. often
- B. sometimes
- C. never

9. If you find out this person you do not like is attending an event, how likely are you to cancel and not go?

- A. likely
- B. it depends
- C. not likely

10. Looking at your current circle, how long have the people there been part of your circle?

- A. my whole life practically
- B. 7 or so years
- C. fairly recently

11. Would you or have you ever blocked a "friend" on social media?

- A. never
- B. once or twice
- C. yes, many times

12. Do you ever invite extra people as a buffer for fear of people not showing up to your event?

- A. no, I would not do that
- B. no, but I have thought about it
- C. yes, more than once

13. If you are invited to someone's event, do you feel obligated to invite them to yours?

- A. yes, of course
- B. probably
- C. it is not a major factor

14. Do you often find yourself drifting apart from your friends?

- A. no, not really
- B. It has happened on occasion
- C. yes, my friends come and go

15. Assess your current circle. Are there people in it that you wish weren't?

- A. Yes, several
- B. Possibly
- C. I do not keep friends if I have doubts about them

16. How easy is it for you to forgive people?

- A. I tend to hold grudges
- B. if they have made an effort, I might consider it
- C. if they have made a sincere apology, I will forgive them

17. Right now if you could plan your funeral, how many people would you invite?

- A. 1-20
- B. 21-50
- C. 50 plus

Number of A answers _____

Number of B answers _____

Number of C answers _____

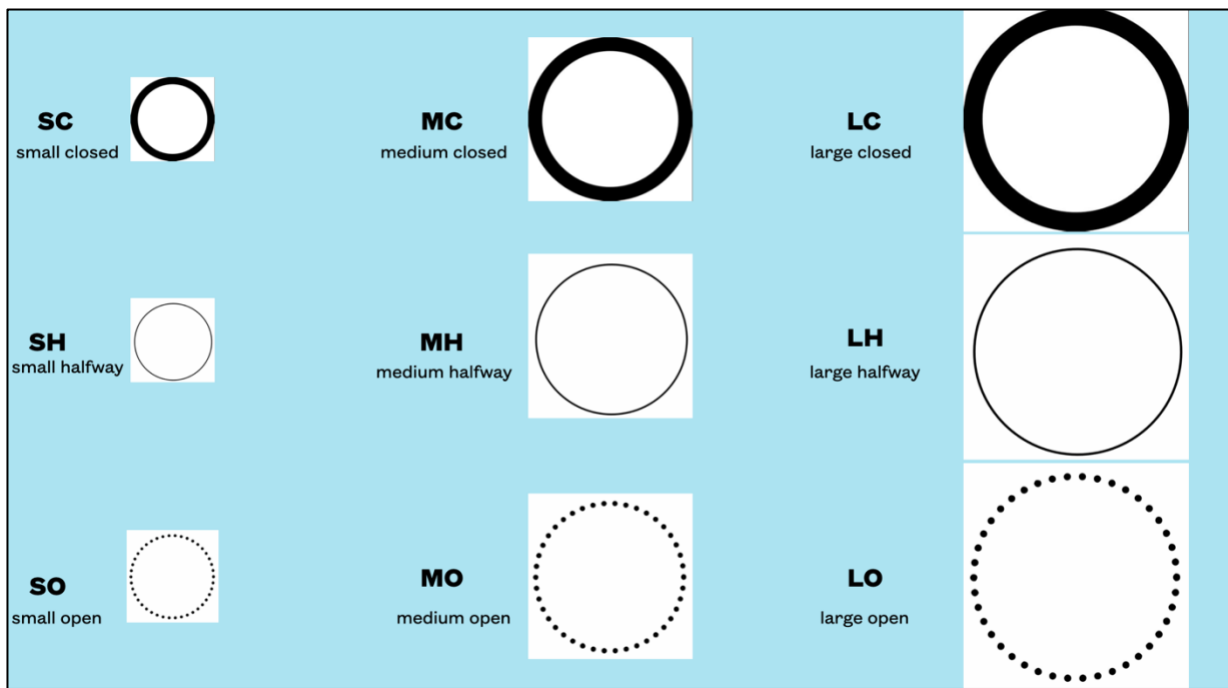
Which is the highest number? _____

Mostly A answers indicates a **closed circle**

Mostly B answers indicates a **halfway circle**

Mostly C answers indicates an **open circle**

Putting your two answers together you can determine your Circle Type:



- Based on your circle type you can better understand your capacity and how this reflects on how you interact with the people around you
- You are now empowered to understand yourself in a new way that will gain insight for you and help you understand that judging yourself based on other people's friend size just will not work. It is truly comparing apples to oranges, or in this case, one circle type to another
- Now that you have a visual and a way to understand yourself better, you can start to evaluate the people around you and if they truly are a good fit for your circle
- Remember there is not a right or wrong circle type, this is just you.
- How you choose to use this information can greatly impact your life going forward

Call to Action:

Take a moment to see the people in your life that you were picturing as you were answering those questions.

No action need be taken at this time, just note the following:

If there are any conversations you feel you need to have with them, take a moment to jot this down.

If there are any unresolved issues or conflicts, write these down as well.

This quiz is meant to give you a sense of understanding of yourself on a deeper level and not create any anxiety, stress or worry of being wrong or right in the way that you are. We are all connected to others and this is an important way to determine certain aspects of yourself that may have been hidden or not as obvious.

Next steps: Book a call with Tess to discuss your results and discuss tackling any next steps during a one-on- one coaching call. In addition, you have the option to book Tess at your event to bring this dynamic and informative evaluation to your event.

