Ecomap

An overview of your surroundings — people, institutions and activities — and of what each gives and takes.

> A genogram shows the family; an ecomap shows the world around you. In the **direction** column draw an arrow: → towards me, ← away from me, ↔ both ways. With exhaustion, the most telling thing is **how many connections are one-way**.

My surroundings

WHO OR WHAT	STRENGTH OF TIE 1–5	DIRECTION OF ENERGY	WHAT IT GIVES ME	WHAT IT COSTS ME

What I notice

How many connections run only away from me?

Which tie would I like to strengthen, and how?

Which would I like to loosen?

For personal use.