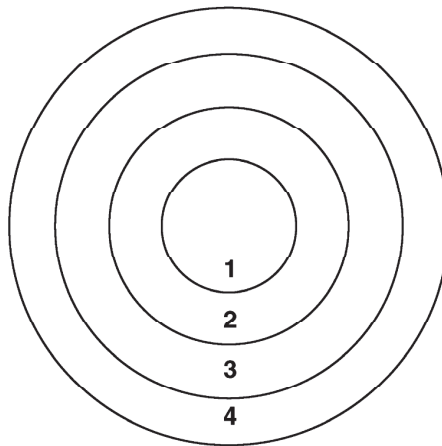


## Appendix 4B

# Spheres of Influence



1. Self: Educating yourself, understanding your values and feelings, examining how you want to change.
2. Close family and friends: Influencing the people closest to you
3. Social, school, and work relationships: Friends and acquaintances, co-workers, neighbors, classmates, people with whom you interact on a regular basis
4. Community: People with whom you interact infrequently or in community settings