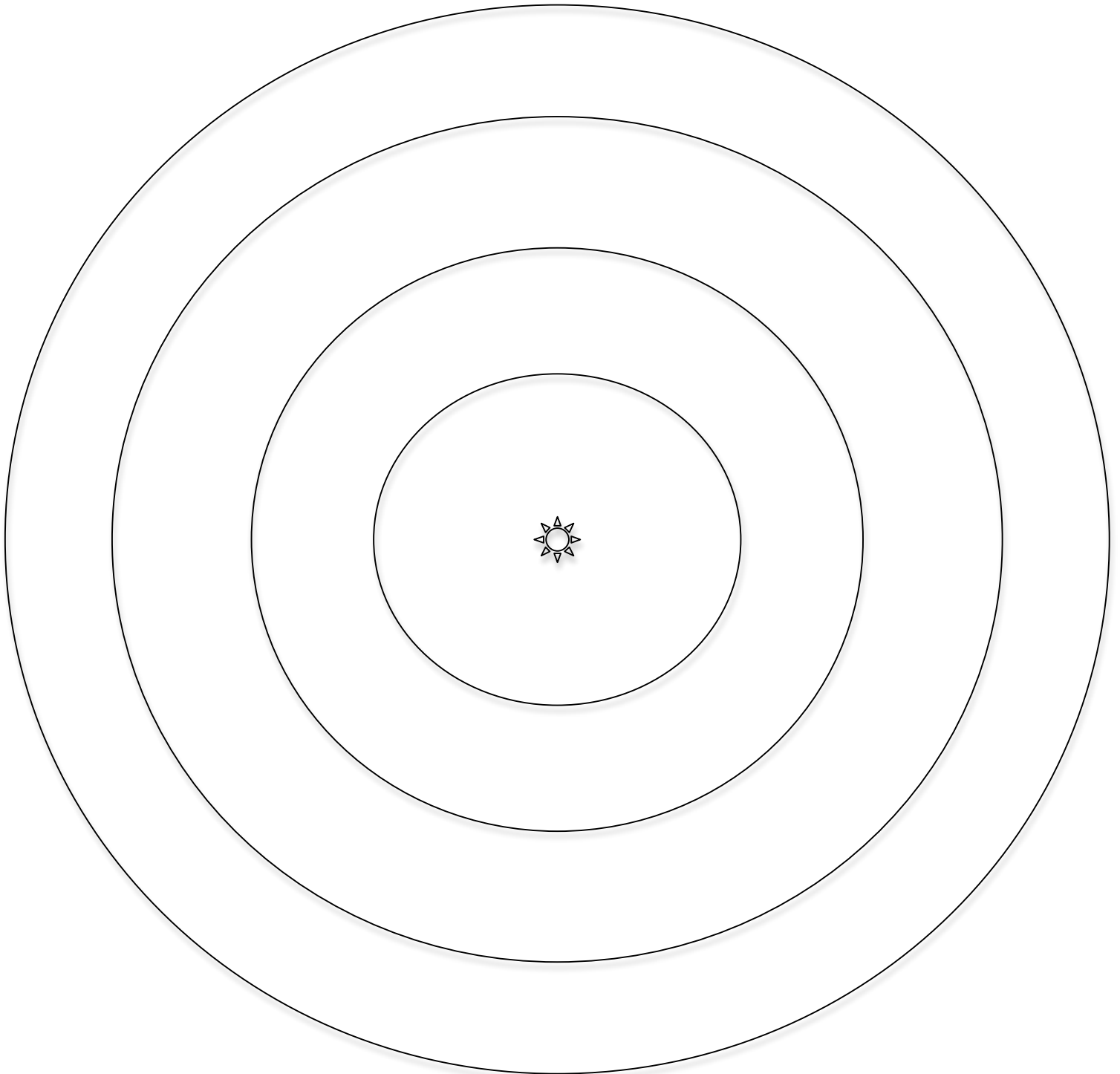


# **personal community map**

See the handout 'Filling in the personal community map' for information on how to complete this sheet.



Note the month & year that you filled in this 'snapshot' of your personal community:

This assessment method is described fully in the book '*Rethinking friendship: hidden solidarities today*' Liz Spencer & Ray Pahl. Woodstock: Princeton University Press, 2006. It has been adapted a little to take into account research by Robin Dunbar et al on the "5-15-50-150" pattern in personal social networks.

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