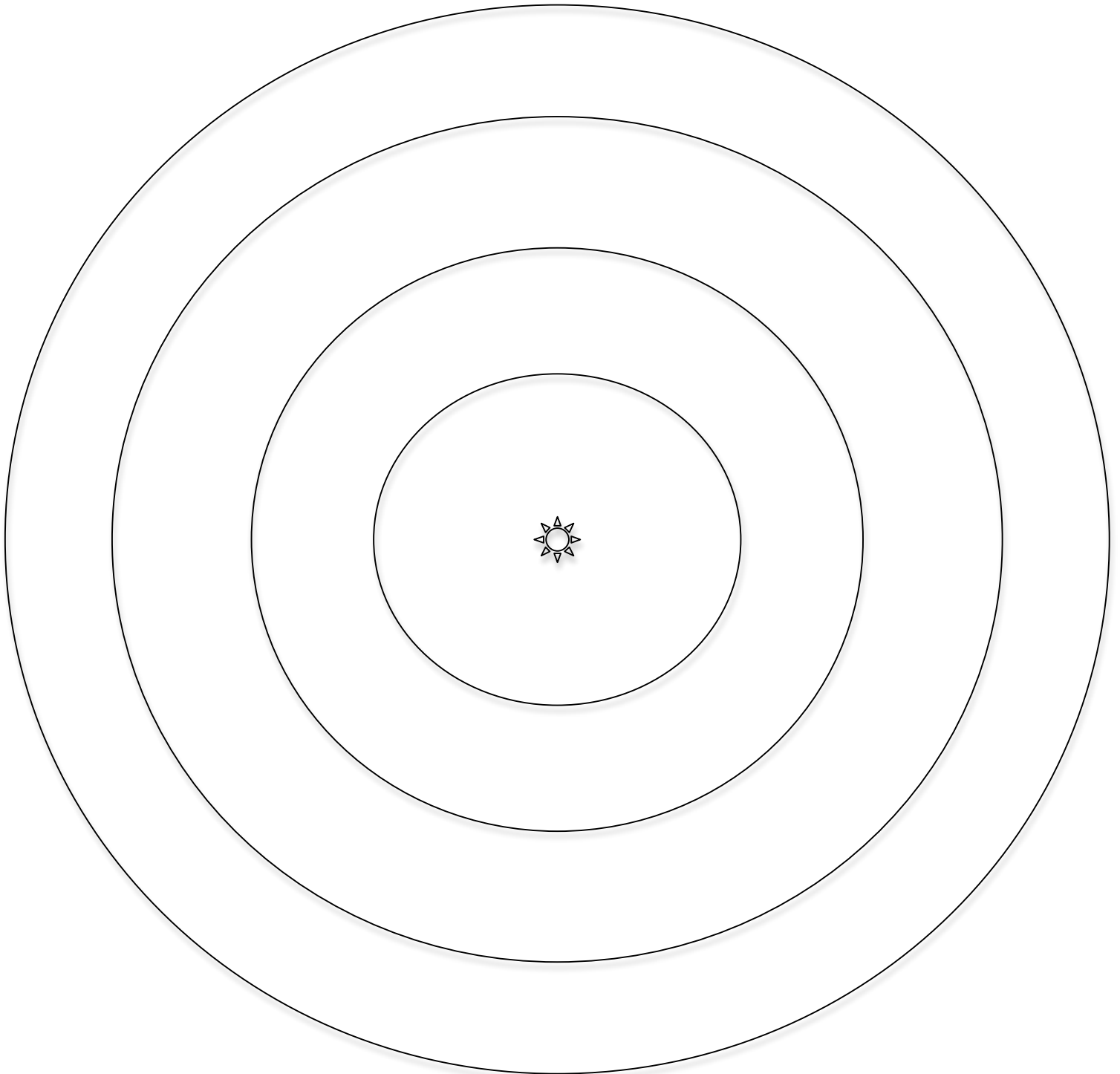


# **personal community map**

See 'Personal social networks: assessing how we're doing' for suggestions on completing this sheet.



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

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

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