

## Friendship Quiz

Friend's name:	Always	Sometimes	Never
Likes me for who I am inside			
Respects my opinions and ideas			
Listens to me without judgment			
Stands up for me around others			
Talks to me about problems, not behind my back			
After spending time with her I feel good about myself			
<b>Total</b>			

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**Scoring** Count up the total number of ALWAYS responses for each friendship.

- 6** This friendship is worth keeping! She is a great friend who treats you with respect.
  
- 5-4** This friendship needs work. What needs to change to make you feel more respected? Write down your thoughts, and then talk to your friend. If she's willing to work things out, it's a friendship worth keeping. If she ignores you, it may be time to end it.
  
- 3-0** This friendship is over unless big changes are made. True friends don't treat each other like this. Spend time with people who treat you as nicely as you treat them and who make you feel good about being yourself.

## Are You a Good Friend?

Friend's name:	Always	Sometimes	Never
I like her for who she is inside			
I respect her opinions and ideas			
I listen to her without judgment			
I stand up for her around others			
I talk to her about problems, not behind her back			
I am proud and feel good about how I treat her			
<b>Total</b>			

Friend's name:	Always	Sometimes	Never
I like her for who she is inside			
I respect her opinions and ideas			
I listen to her without judgment			
I stand up for her around others			
I talk to her about problems, not behind her back			
I am proud and feel good about how I treat her			
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I listen to her without judgment			
I stand up for her around others			
I talk to her about problems, not behind her back			
I am proud and feel good about how I treat her			
<b>Total</b>			

**Scoring** Count up the total number of ALWAYS responses for each friendship.

- 6** Bravo! You are an awesome friend who consistently treats others the way you want to be treated.
  
- 5-4** You could be a better friend. What can you do differently to show your friend you respect and care for her? Write down your thoughts, and then talk to your friend. You may need to apologize for times you treated her poorly.
  
- 3-0** You're not being a true friend. Think about what is making you treat her this way. How do you feel about yourself when you treat others poorly? Apologize for how your words and actions may have hurt her. Show your friends that you are supportive, caring, and trustworthy.