

Is My Friend a *Good* Friend?

Read the list below and check the sentence if it describes your friend!

- ☐ They try to be there for me whenever I need them
- ☐ They share their feelings with me
- ☐ They let me know when they think I'm making a poor choice
- ☐ They try not to hurt my feelings
- ☐ If they do hurt my feelings, they always apologize
- ☐ They try to help me feel better when I am sad, anxious, or upset
- ☐ They care about the things that I'm interested in
- ☐ They are honest with me, and I can trust them
- ☐ They support me when I make good choices
- ☐ They respect my opinions
- ☐ They share and take turns with me
- ☐ They give me compliments
- ☐ They stand up for me all the time
- ☐ They speak kindly to me even when they're mad
- ☐ They encourage me even when I make mistakes
- ☐ They make time for me but give me space when I need it
- ☐ They listen when I talk about things that are important to me
- ☐ They do or say things to make me laugh and feel happy
- ☐ They say nice things about me when I'm not around
- ☐ They reach out to me whenever they need my help



If you checked most of these, that means you probably have a good friend! If most of these are unchecked, then you might have to question if your relationship with your friend is a healthy one.



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