

HEALTHY FRIENDSHIP CHECKLIST

Use this checklist to determine the “quality” of a particular friend you choose to spend time with.

Example:

“1” = Never/False

“4” = Sometimes Yes/Sometimes No

“7” = Always/True

We enjoy similar activities or interests.	1	2	3	4	5	6	7
I feel comfortable being myself around this friend.	1	2	3	4	5	6	7
We usually have fun when we spend time together.	1	2	3	4	5	6	7
My friend cares about my feelings.	1	2	3	4	5	6	7
My friend supports me when I'm upset.	1	2	3	4	5	6	7
My friend is happy for me when good things happen.	1	2	3	4	5	6	7
My friend encourages me to make good choices.	1	2	3	4	5	6	7
My friend listens when I talk.	1	2	3	4	5	6	7
I can trust my friend with personal thoughts.	1	2	3	4	5	6	7
My friend keeps their promises.	1	2	3	4	5	6	7
My friend speaks kindly to me and about me.	1	2	3	4	5	6	7
My friend treats others respectfully.	1	2	3	4	5	6	7
My friend is welcoming, not mean or exclusive.	1	2	3	4	5	6	7
My friend brings positive energy, not constant drama.	1	2	3	4	5	6	7
My friend is honest and dependable.	1	2	3	4	5	6	7
My friend never pressures me to do things I know are wrong.	1	2	3	4	5	6	7
I don't feel taken advantage of.	1	2	3	4	5	6	7
My friend doesn't gossip about me or others.	1	2	3	4	5	6	7
My friend doesn't tease or embarrass me to be funny.	1	2	3	4	5	6	7
My friend is there for me in good times and bad.	1	2	3	4	5	6	7

Now that you've completed this checklist, what do you think about this particular friend?
