

Are They a Good Friend?

- ☐ Does this person make me feel better about myself?
- ☐ Is this person honest with me?
- ☐ Does this person compromise or allow me to choose sometimes?
- ☐ Does this person use the kinds of words toward me I would feel comfortable using with someone else?
- ☐ Does this person respect my space and boundaries (when I say no)?
- ☐ Does this person apologize when they have hurt me physically or emotionally, even if they didn't mean to?

These are positive friend traits. If most of these items are not a Yes, it may be time to rethink the friendship.

- ☐ Does this person ask me to do things I'm uncomfortable with?
- ☐ Does this person ask me to do unsafe things?
- ☐ Have I caught this person in any lies?
- ☐ Does this person make me feel like a burden or inconvenience when I turn to them for support?
- ☐ Does this person criticize me more than they point out things they like about me?
- ☐ Does this person seem to expect more from me than they are willing to do for me?

These are not friend traits. If most of these items are a Yes, this person does not act like a friend.



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Am I Being a Good Friend?

- ☐ Do I seem to make this person feel better about themselves?
- ☐ Have I been honest with them?
- ☐ Do I compromise or allow them to choose sometimes?
- ☐ Do I use the kinds of words toward them I use toward other people I care about?
- ☐ Do I respect this person's space and boundaries (when they say no)?
- ☐ Do I apologize when I have hurt them physically or emotionally, even if I didn't mean to?

These are positive friend traits. To keep a healthy friendship, strive to be able to answer Yes to all of these.

- ☐ Do I ask this person to do things that make them they have expressed not being okay with?
- ☐ Do I ask this person to do unsafe things?
- ☐ Have I done anything that should make them not trust me?
- ☐ Did I huff, complain, insult, or ignore them when they last came to me for support?
- ☐ Do I criticize this person more than I point out positive things?
- ☐ Do I seem to expect more from them than I am willing to do in return?

These are not friend traits. If most of these items are a Yes, you are not treating the other person in a way that demonstrates care and friendship.



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