





Healthy Friendships

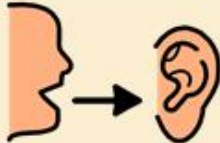
They care about me.



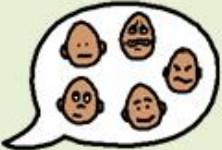
They respect me and my choices.



We share experiences together.



They listen to me.



They consider my feelings.




They respect my family and friends.



They give space and freedom for other interests and friends.



They are there for me when I need them.



I feel happy to see them



They make time for me.



They encourage me.




We both make an effort to stay in touch.



I trust them.




I feel safe with them.




They are honest with me.



something else

What type of friendship do you want to have? 

What type of friend do you want to be? 



Unhealthy Friendships



They only want to be friends when they are getting something.



They always expect me to pay for things when you are together.



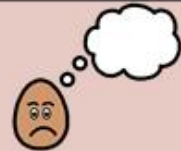
They gossip about me to others.



They put me down by only talking about what I am not good at.



They don't consider my feelings.



They frequently bring up bad memories or mistakes I have made.



They are demanding.



They are constantly messaging, even when I have not answered them.



They never answer when I call or message them.



They tell lies about me or to me.



They tell others private information that I have shared with them.



We fall out a lot.



We keep having the same arguments without moving forward.



I feel stressed or anxious when I think about them.



I worry about what they may say or do.



something else



What type of friendship do you want to have?



What type of friend do you want to be?

