Friendship Questionnaire

	Name:									
Date:										
Please rate the extent to which each statement applies to you using the ranking system provided:										
	1 (Not At All) <> 7 (Very Much So)									
	Take your time to rate each statement based on questionnaire aims to provide you with valuable	-	-			_				
	Parameters	1	2	3	4	5	6	7		
	How easy do you find discussing your feelings with your friends?									
	How easy would you find it to discuss your feelings with a stranger?									
	In terms of personality, how similar to your friends do you tend to be?									
	How easy do you find it to tell a friend about your weaknesses and failures?									
	How interested are you in the everyday details of your casual friends' lives?									
	How easy do you find it to tell a friend about your achievements and successes?									
	How important is it to you what strangers think of you?									
	How important is it for your friends to validate and support your emotions?									
	How comfortable do you feel setting boundaries with your friends?									

How easy do you find it to tell a friend about your achievements and successes?

When you are in a group, e.g. at work, school, church, parent group, etc., how important is it for you to know the "gossip" e.g. who dislikes who, who's had a relationship with who, secrets.				
How often do you engage in deep, meaningful conversations with your friends?				
How willing are you to invest time and effort into maintaining your friendships?				
How important is it for your friends to provide a sense of belonging and acceptance?				
How often do you initiate meaningful gestures or acts of kindness towards your friends?				
How often do you engage in shared activities or hobbies with your friends?				
How well do you handle conflicts or disagreements within your friendships?				
How well do you handle distance or periods of limited contact within your friendships?				