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 your experiences and feelings. The questionnaire aims to provide you with valuable insights into your friend-making abilities.

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?	☐	☐	☐	☐	☐	☐	☐