

Friendship Worksheet

Instruction: Building and maintaining healthy friendships is essential for our well-being. This worksheet is designed to guide you through a self-reflection process to enhance your understanding of your friendships and promote positive connections. Take your time to reflect on each question and be honest with yourself.

Name:	
Age:	
Date:	
Section 1: Self-Reflection	
What qualities do you value in a friend?	
Reflect on past friendships:	
Section 2: Communication	
Communication Style:	
Active Listening:	
Section 3: Boundaries	
Personal Boundaries:	
Respecting Others' Boundaries:	
Section 4: Conflict Resolution	
Handling Conflict:	

Apologizing and Forgiving:	
Section 5: Support and Celebration	
Providing Support:	
Gratitude:	
Section 6: Future Actions	
Setting Friendship Goals:	
Action Steps:	
Therapist's Note:	
Therapist's Name:	
Therapist's Signature:	