

Friendship Worksheet

Name:

Date:

Instructions: Building and maintaining healthy friendships is essential for our overall well-being. This worksheet guides you through a reflective process to deepen your understanding of your friendships and foster positive, meaningful connections. Take your time to thoughtfully engage with each section, and be as honest as possible in your responses

Section 1: Self-reflection

What qualities do you value in a friend?

List and describe the characteristics that are most important to you in a friendship (e.g., loyalty, honesty, humor, dependability). Think about how these qualities contribute to a meaningful relationship.

Reflect on past friendships:

What made past friendships successful? What caused past friendships to drift apart or end? What did you learn from these experiences about being a good friend?

Your role in friendships:

How would your friends describe you as a friend? What are your strengths in a friendship? Are there any areas you feel you could improve upon?

How do your friendships reflect your personal values?

Consider how your core values (e.g., kindness, loyalty, honesty) align with the friendships you've built. Do your friends share similar values, and how does this influence the strength and quality of your relationships?

Section 2: Communication

Describe your typical approach to communication:

How do you usually communicate with your friends (e.g., direct, reserved, expressive)? Do you feel this helps or hinders your relationships?

Reflect on your listening skills:

Do you feel you truly listen when your friends talk to you? How do you show that you are paying attention (e.g., eye contact, asking questions, showing empathy)?

Section 3: Boundaries

Personal boundaries:

What boundaries are most important for you to maintain in friendships? (e.g., time, emotional energy, personal values). How do you communicate these boundaries to your friends?

Respecting others' boundaries:

How do you recognize when a friend is setting a boundary?

Are there situations where you've struggled to respect someone else's boundaries? How can you improve?

Section 4: Conflict resolution

Handling conflict:

How do you usually approach disagreements in your friendships (e.g., avoiding, addressing immediately, compromising)? Do you tend to focus on solutions or blame during conflicts?

Apologizing and forgiving:

How comfortable are you with apologizing when you're in the wrong? Are you able to forgive friends who sincerely apologize? What challenges do you face in maintaining friendships after a conflict?

Section 5: Support

Providing support:

How do you show support for your friends during tough times? (e.g., listening, offering help, checking in). Are there any ways you could provide better or more consistent support?

Receiving support:

How comfortable are you with accepting support from your friends? What prevents you from reaching out when you need help?

Section 6: Future actions

Now that you've reflected on various aspects of your friendships, it's time to consider how you can apply these insights to strengthen your relationships moving forward. The following section will help you set actionable goals and outline steps to build and maintain healthier, more fulfilling connections.

Setting goals:

Based on your reflections, identify two or three specific goals to improve or maintain your friendships. These goals could focus on communication, boundaries, support, or other areas you want to strengthen..

1.

2.

3.

Action steps:

Outline the practical steps you can take to achieve your friendship goals. Be as specific as possible to make these steps actionable and achievable. For example, you could schedule regular catch-ups, practice active listening, or express gratitude more frequently.

1.

2.

3.

Commitment to growth:

Write a brief statement about how you will use what you've learned from this worksheet to nurture your friendships. This could include a specific action you will take immediately or a mindset you want to maintain moving forward.