

The Frientimacy Quiz

Score yourself a number between 1-10 based on how true each statement is about you in your friendships. 1= never true, 10= always true

POSITIVITY

- _____ I generously tell my friends what I am grateful for about them and affirm what I love in them.
- _____ I intentionally plan events with friends that promote amusement, awe, hope, joy, interest, or inspiration.
- _____ My friends leave my presence feeling better about themselves and their lives.
- _____ I spend at least 75% of my time talking about what's good in my life rather than whining about what I'd rather change.
- _____ I encourage and invoke laughter when I'm with my friends.
- _____ I validate and accept my friends' feelings more readily than I give advice or show a lack of approval.
- _____ My friends would have no reason to question whether I love them—I try to show it through acts of service, gifts, words of affirmation, touch, and quality time.
- _____ Even when I'm in crisis or pain, I make sure to show interest in the lives of my friends, as well.
- _____ I give to my friendships only when I can, never giving more than I can afford to give, and know how to kindly say no when I can't.
- _____ I know how important it is to receive in a friendship so I am comfortable at expressing my needs and asking for support so that others have a chance to love me in meaningful ways.

_____ **out of 100**
(Add up total score)