

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

VULNERABILITY

- _____ I feel safe incrementally revealing myself with friends as we're getting closer.
- _____ People who spend time with me walk away feeling like they got to know me more.
- _____ If my friends were surveyed, they would whole-heartedly agree that I show interest in them by asking questions, listening, and being curious about their lives.
- _____ I will take risks for new and developing friendships by initiating our time together and suggesting new activities that might strengthen our bond.
- _____ I am in touch with my feelings and practice articulating them to others regularly.
- _____ I am willing to broaden my friendships by bringing up new subjects we haven't talked about before.
- _____ I am excited to share my good news, my accomplishments, and the things I am proud of with my friends.
- _____ With my closest and most trusted friends, there is nothing I wouldn't be willing to admit or share.
- _____ I trust easily, starting from a place of assuming the best in others.
- _____ I am comfortable enforcing my boundaries so that I never share or do more than feels safe with someone.

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