



Shasta Nelson

THE FRIENDIMACY QUIZ



Positivity

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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

_____ 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)