

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

CONSISTENCY

- _____ I am happy to initiate time together with my friends—reaching out first, inviting, and offering up ways to be together.
- _____ My friends would concur that they hear from me regularly, never going long gaps with them wondering what's happened to me.
- _____ I view my time with friends as a necessity and schedule life around them, rather than as an afterthought only if I have extra time.
- _____ My friends can schedule me pretty quickly—it doesn't take 3 weeks for me to find time to connect in some way.
- _____ If a friend texts, calls, or emails, she knows she will hear back from me.
- _____ I never use "busy" as an excuse to not see friends.
- _____ I genuinely believe that friendships have to be developed and I understand it takes lots of time together to reach frientimacy.
- _____ Even if I don't hear back from a friend, I'll reach out again.
- _____ Those around me (children, spouse, other friends) would testify that my friendships are a priority in my life based on them seeing and hearing about the time I'm spending with my friends.
- _____ I have a few friends who I prioritize and will make every effort to be at the events that matter most to them (birthdays, kids birthdays, toasting new jobs, weddings, baby showers, special work events) and to be present when they are in crisis.

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