



Donia Fahim

Education & Therapeutic Spaces Ltd.

**SELF ASSESSMENT EXERCISES**

**FRIENDS & FRIENDSHIPS**

[www.doniafahim.com](http://www.doniafahim.com)

# THAT'S WHAT FRIENDS ARE FOR



Name ..... Date .....

 **INSTRUCTIONS**

Choose one friend from your circle of friends. First think: what is it about them that you like? Then, what is it about you that you think they like?

**I like**  
.....  
**because**

.....  
**likes me**  
**because**

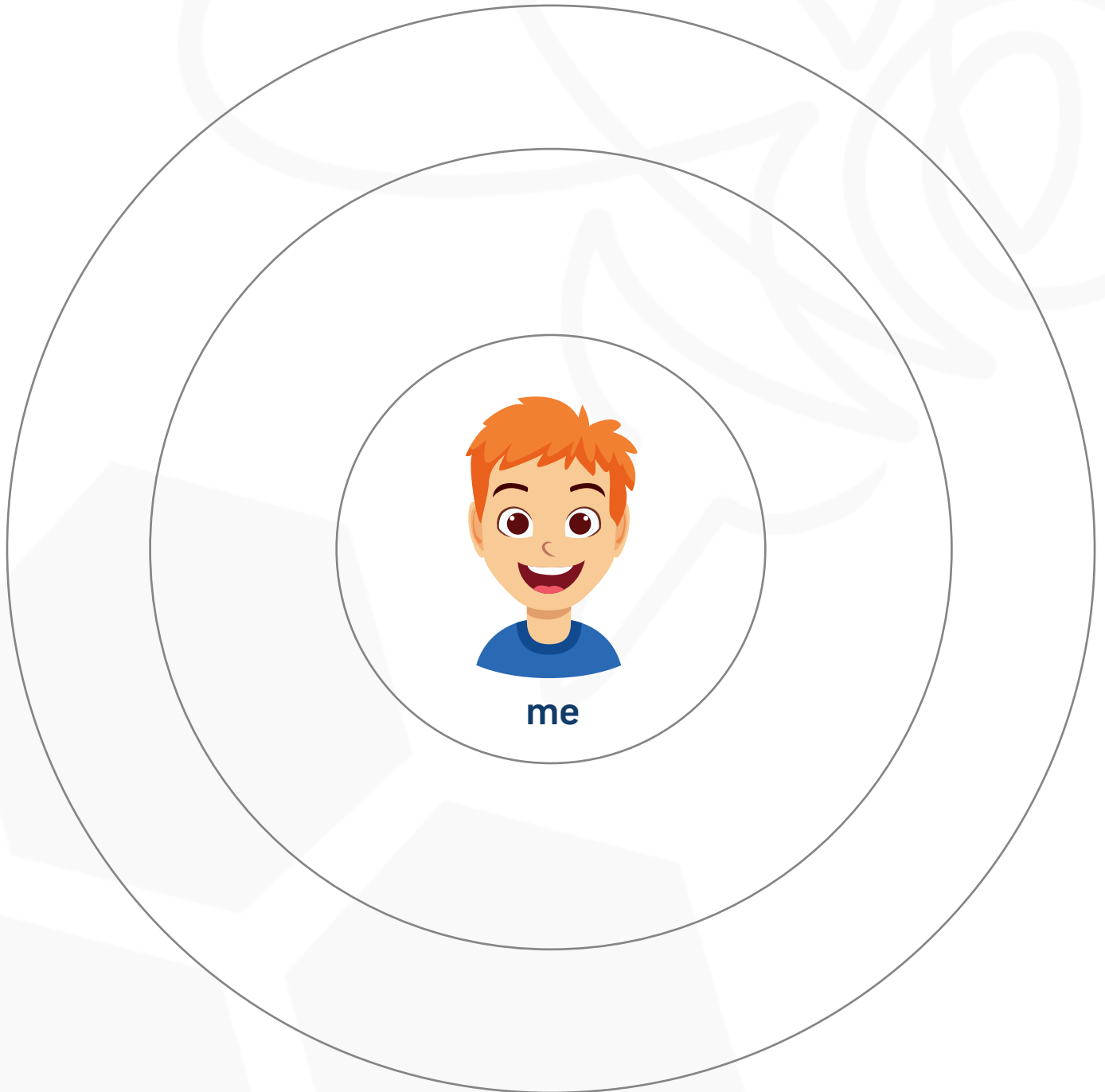
# CIRCLE OF FRIENDS



Name ..... Date .....

 **INSTRUCTIONS**

Consider all of your friends. Add their names into the circle, starting in the middle with those that are closest to you, then work your way out to the less important ones.



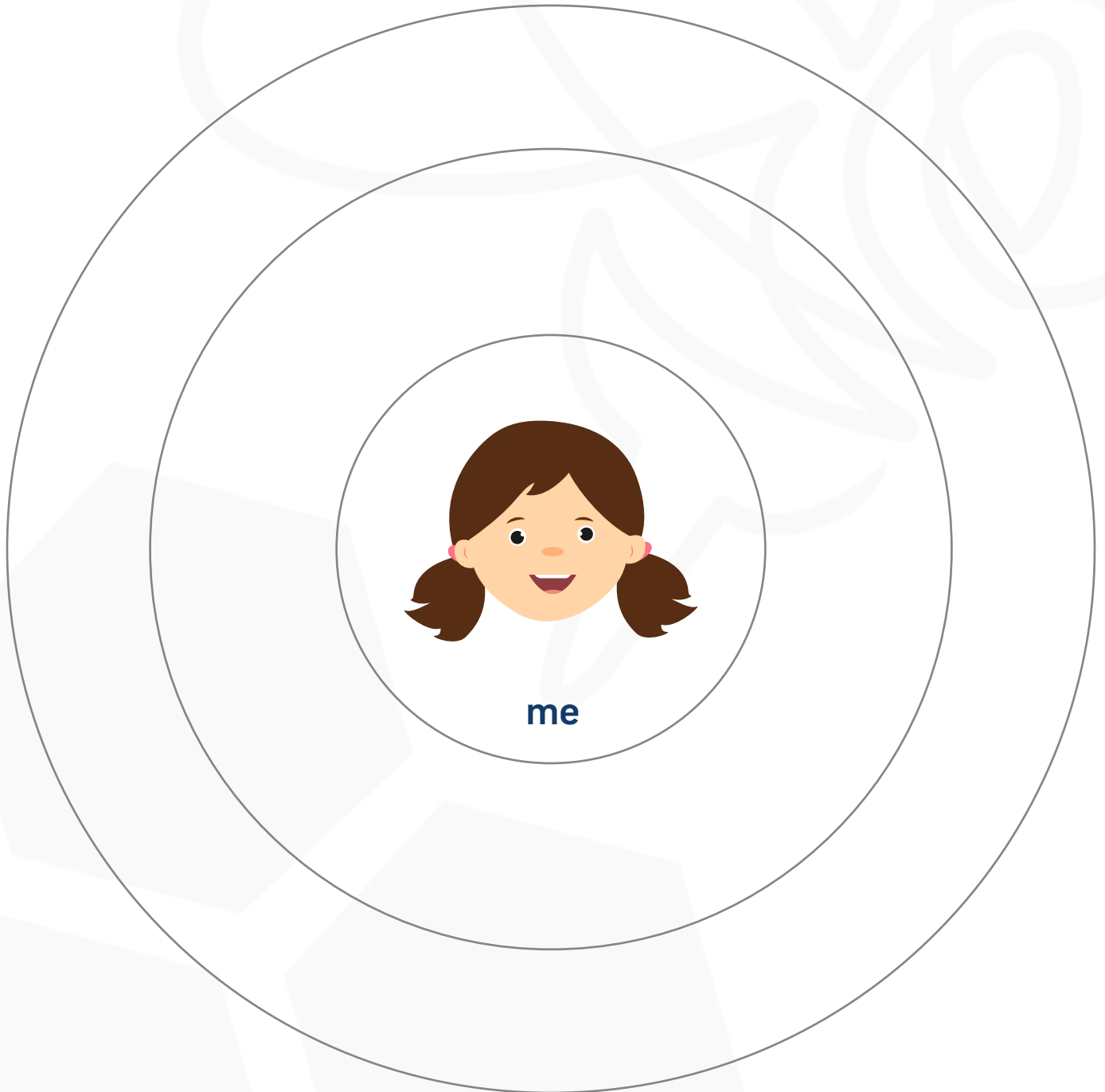
# CIRCLE OF FRIENDS



Name ..... Date .....

 **INSTRUCTIONS**

Consider all of your friends. Add their names into the circle, starting in the middle with those that are closest to you, then work your way out to the less important ones.



# IMPORTANT QUALITIES IN FRIENDS



Name ..... Date .....

**INSTRUCTIONS**

Consider the qualities below. How important is it that your friends have them? There are 2 blank spaces for you to add any qualities that you think need to be included.

Qualities	Very Important	Important	Not Important
1. They are kind to me			
2. They are fun			
3. They are nice looking			
4. They are thoughtful			
5. They help me when I need it			
6. They give me things			
7. I can trust them			
8. They are cool and fashionable			
9. They have the latest gadgets/games			
10. They often say nice things to me			
11. They value our friendship			
12. They are a bit of a rebel			
13. We have the same interests			
14. They are a good listener			
15. They are sensitive			
16. They are honest			
17. They are funny and make me laugh			
18. They are popular			
19. We can talk about anything			
20. We can work through difficulties			
21.			
22.			

**The 3 most important qualities are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_