

Am I A Good Friend?

Adolescents and adults may wonder if they are a good friend. What does it take to be a good friend to someone? What does it take to be a good friend to yourself? Use this worksheet to help you reflect on and identify the traits of a good friend.

Do you have a best friend?

What is your relationship with your best friend like?

What qualities do you look for in a friend?

What qualities and value do you add to a friendship?

If you were to ask your friends what sort of friend you are to them, what would they say? (If you are feeling brave, you can ask a few trusted friends)

What is your relationship with yourself like?

- Is your inner voice kind?
- Do you judge yourself harshly?
- Do you give yourself the space to make mistakes?
- Where do you need to improve your relationship with yourself?

Would you want to be friends with you? Reflect, and give a few reasons for your answer.

In what ways can you improve on the kind of friend you are?

If you need support with a relationship, consider reaching out to Trust Mental Health. Our team of BIPOC therapists are experienced in relationship counseling and variety of modalities in therapy.