

THE 5 QUALITIES OF A GOOD FRIEND

This worksheet lists **5 qualities of a good friend** and guides you to think through whether each is a strength or weakness of yours.

After you finish, visit www.drmarisagfranco.com to take my friendship questionnaire. There, you can further assess your strengths and weaknesses and get research-backed advice on how to improve.

INITIATIVE:

Adult friendships don't happen organically. Making friends as an adult requires initiative. We have to put ourselves out there and try.

I've initiated in friendship by:

Barriers I face to initiating in friendship are:

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AFFIRMATION:

Affirmation is an expression that makes someone feel valued or loved.

I've affirmed friends by:

Barriers I face to affirming friends are:

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SUPPORT:

Support involves helping people in times of need; a mutual willingness to give support marks a high-quality friendship.

I've supported friends by:

Barriers I face to supporting friends are:

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VULNERABILITY:

Vulnerability is the deepest form of authenticity, and it involves sharing the true parts of ourselves that we fear may result in our rejection or alienation; the parts we feel most shame over.

I've been vulnerable to friends by:

Barriers I face to being vulnerable with friends are:

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IDENTITY ACCEPTANCE:

Identity acceptance involves understanding your friends as they are, rather than as who you want them to be. It allows friends to be their full selves in all of their identities. Friendships without identity acceptance can cause one party to shrink or withhold for fear of judgment.

I've accepted friends by:

Barriers I've faced to accepting friends are: