

sensoryload

Friendship Quality Reflection

List your top ten friends. Categorise them as Best Friend (BF), Very Good Friend (VGF) and Good Friend (GF)

1	BF	VGF	GF
2	BF	VGF	GF
3	BF	VGF	GF
4	BF	VGF	GF
5	BF	VGF	GF
6	BF	VGF	GF
7	BF	VGF	GF
8	BF	VGF	GF
9	BF	VGF	GF
10	BF	VGF	GF

Reflect on your three best friendships by answering the questions in the table below:

Reflection	Best Friend 1	Best Friend 2	Best Friend 3
How much time do you spend each week with your friend? (incl. messaging)			
How would you rate the quality of that time?			
What do you appreciate about your friend?			
Is there drama in your friendship?			
What don't you like about your friend?			
If you could change something in the friendship, what would it be?			
Is the friendship balanced from a give-and-take perspective?			
How could you be a better friend to them?			
What is your favourite memory with your friend?			
Do you feel happy during and after spending time together?			

Remember, whatever the results of your reflection, take a few days to digest your thoughts before acting on them!