

Friendship Questionnaire

Name: _____ Date: _____ dd / mm / yyyy

Please rate the extent to which each statement applies to you using the ranking system provided: 1 (Not At All) < > 7 (Very Much So). Take your time to rate each statement based on your experiences and feelings. The questionnaire aims to provide you with valuable insights into your friend-making abilities.

How easy do you find discussing your feelings with your friends?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How easy would you find it to discuss your feelings with a stranger?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

In terms of personality, how similar to your friends do you tend to be?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How easy do you find it to tell a friend about your weaknesses and failures?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How interested are you in the everyday details of your casual friends' lives?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How easy do you find it to tell a friend about your achievements and successes?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How important is it to you what strangers think of you?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How important is it for your friends to validate and support your emotions?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How comfortable do you feel setting boundaries with your friends?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

When you are in a group, e.g. at work, school, church, parent group, etc., how important is it for you to know the "gossip" e.g. who dislikes who, who's had a relationship with who, secrets.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How often do you engage in deep, meaningful conversations with your friends?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How willing are you to invest time and effort into maintaining your friendships?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

How important is it for your friends to provide a sense of belonging and acceptance?

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How often do you initiate meaningful gestures or acts of kindness towards your friends?

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How often do you engage in shared activities or hobbies with your friends?

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How well do you handle conflicts or disagreements within your friendships?

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How well do you handle distance or periods of limited contact within your friendships?

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