

# Friendship Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

Building and maintaining healthy friendships is essential for our overall well-being. This worksheet guides you through a reflective process to deepen your understanding of your friendships and foster positive, meaningful connections. Take your time to thoughtfully engage with each section, and be as honest as possible in your responses.

## SECTION 1: SELF-REFLECTION

What qualities do you value in a friend?

Reflect on past friendships:

Your role in friendships:

How do your friendships reflect your personal values?

## SECTION 2: COMMUNICATION

Describe your typical approach to communication:

Reflect on your listening skills:

## SECTION 3: BOUNDARIES

Personal boundaries:

Respecting others' boundaries:

## SECTION 4: CONFLICT RESOLUTION

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Handling conflict:

Apologizing and forgiving:

## SECTION 5: SUPPORT

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Providing support:

Receiving support:

## SECTION 6: FUTURE ACTIONS

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Now that you've reflected on various aspects of your friendships, it's time to consider how you can apply these insights to strengthen your relationships moving forward. The following section will help you set actionable goals and outline steps to build and maintain healthier, more fulfilling connections.

Setting goals:

Action steps:

Commitment to growth: