

How I make friends



This exercise lists the skills that can help you make and keep friends. Take a few minutes to rate yourself on each one. When you're done, choose one or two skills you want to improve on.

	Rarely	Sometimes	Mostly
I try to say hello to people even if I don't know them very well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listen as much as I talk when I'm with my friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to help my friends meet other people they might like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I suggest things to do that other people think are fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't repeat gossip or hurtful comments about others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep secrets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know when my friends are sad or feeling left out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend is upset, I try to talk to them about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep the promises I make	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I say I will do something, I try to do it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can disagree with someone without getting angry or upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to forgive people when they do something wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I apologise when I accidentally upset someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I reach out to people who seem lonely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do 'random acts of kindness' for friends and others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>