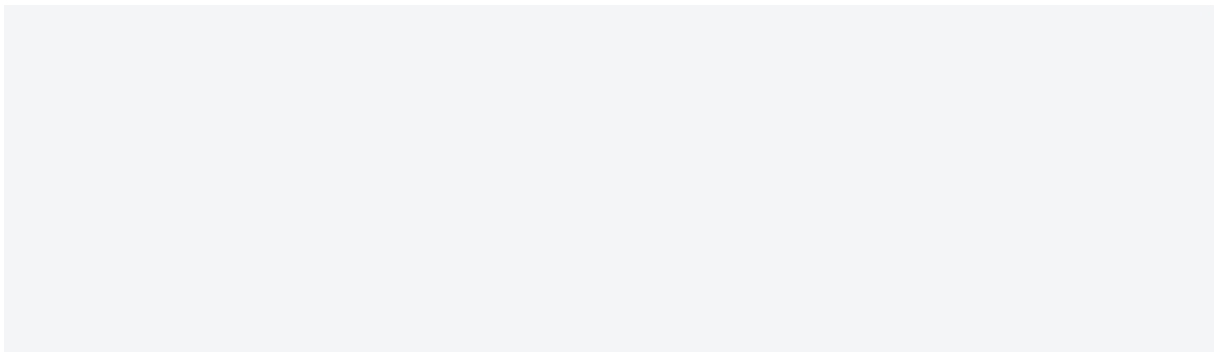


What Does Friendship Mean to Me?

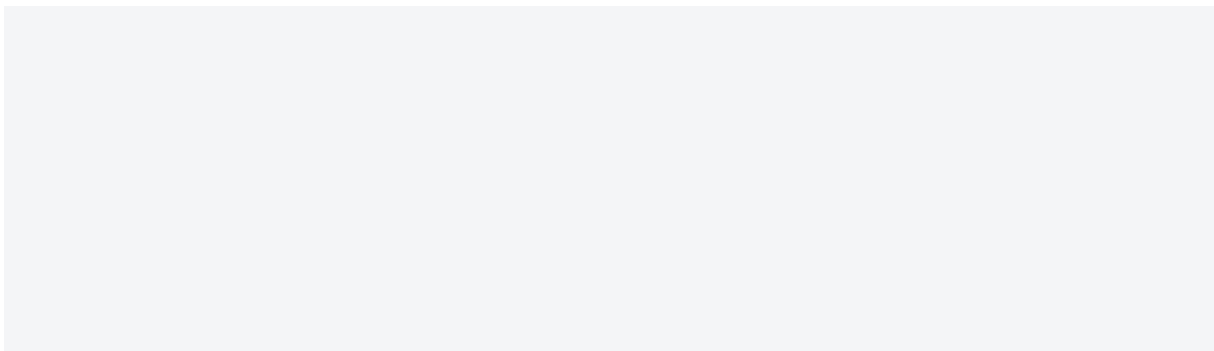
Use the following worksheet to reflect on why friendship is important to someone. After all, while increasing feelings of relatedness and closeness, it can also help bring clarity to social interactions and keep individual needs in mind.

Ask the student to answer the following questions:

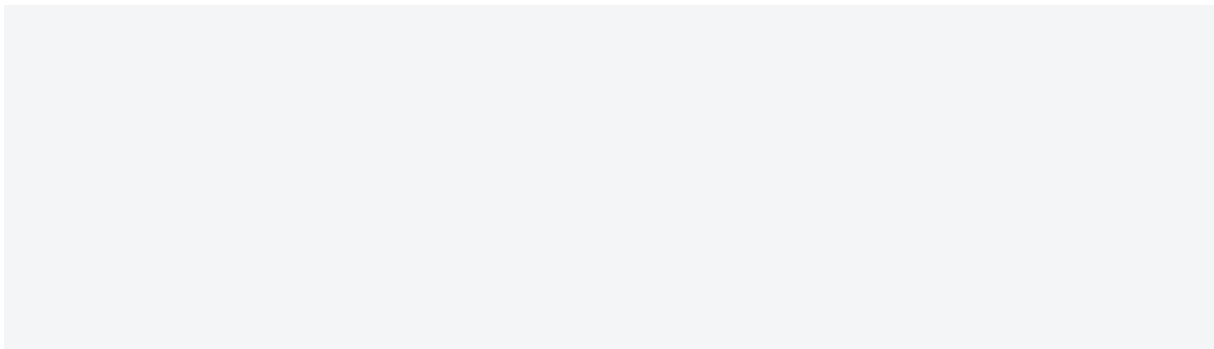
What qualities do I admire in my friends?



Why are these qualities important?



What do I like to do with my friends?



What feelings do I have when I am with my friends?

What makes me a good friend?

Use this awareness to appreciate your friends and also recognize when people are not showing you friendship.

Dr. Jeremy Sutton