Friendship Mindset Mistakes Worksheet

When we over-rely on friends to be everything for us, it can hurt our friendship. Oftentimes, our friends feel pressured and guilty. And we feel hurt and let down when they aren't able to live up to our outsized expectations! This exercise is designed to help you recognize the unique strengths that your current friends have on offer.

Friendship Inventory:

Sample: Ms. Delaney	Trait, skill that makes them a good friend: Good listener, (kind of) funny	Activity we enjoy together: Sharing memes, chatting one on one
Friend 1:		
Friend 2:		
Friend 3:		
Friend 4:		

(Repeat for as many friends as necessary!)

Reflect: Are there areas of my life or activities that I enjoy that are not represented here? If I am a huge sports fan, but I don't have any friends who share that interest with me, I could be on the lookout to make a new friend who shares that interest! I might look for friends who are also interested in:
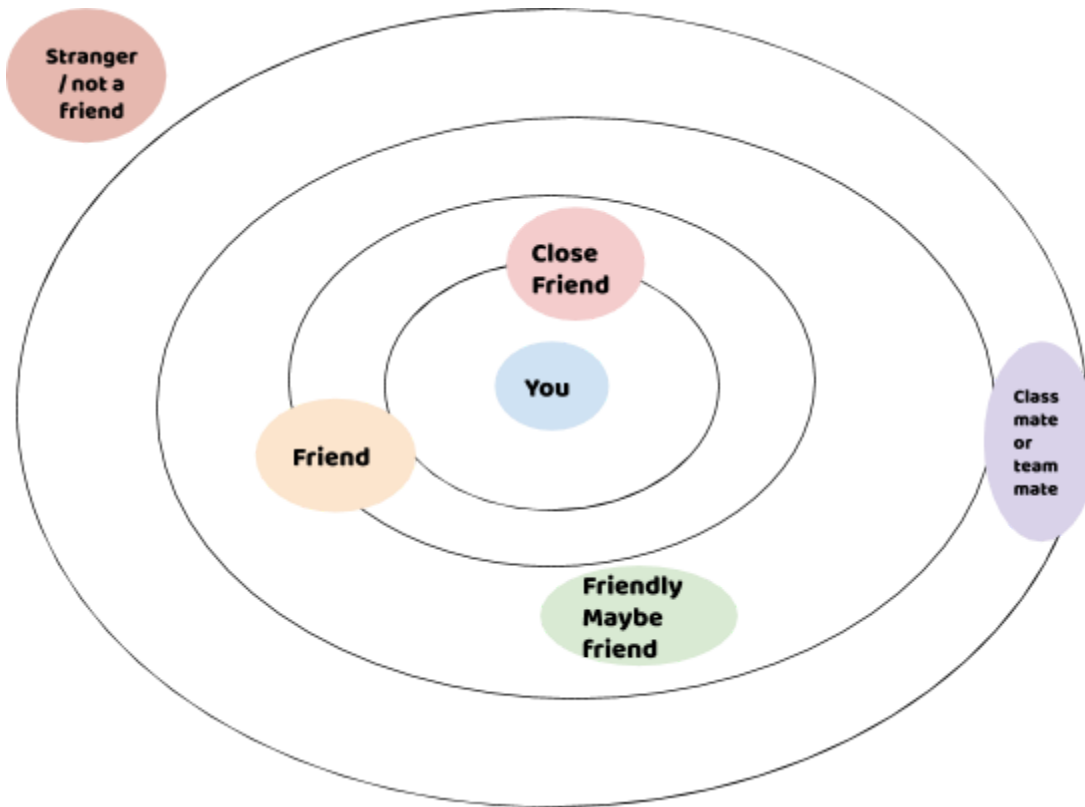
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My Own Friendship Skills

What would my friends say about me? What traits make me a good friend?

_____

_____

Friendship Mindset Mistake: All or Nothing!

Another way that our mindset (beliefs) about friendships can hurt us is the idea that someone either is our best friend or they are an enemy. And that simply isn't true! Friendships are ever changing, and the people who feel closest to us can change very quickly.

Stranger / not a friend

Close Friend

You

Friend

Class mate or team mate

Friendly Maybe friend

There are degrees or levels of closeness, though, that do not mean being unkind to someone or ignoring them forever! Think about your friendships like a set of rings with you in the center. A super close friend will be in the ring closest to you. Casual friends who you enjoy spending time with but don't know very well would be further out. And people outside the rings are those who you don't know at all or who you know are not a good fit for friends. Take a moment and visualize your set of rings. Label your worksheet if you would like to, but be careful that you keep it private when using others' names. It can unintentionally cause hurt feelings!