

Friends Checkup

| CIRCLE YOUR CHOICE | No Way! | | | Heck Yes! | |
|--|---|---|---|-----------|---|
| | 1 | 2 | 3 | 4 | 5 |
| 1. I have at least one or more true friends. | 1 | 2 | 3 | 4 | 5 |
| 2. I make an effort to get to know new people and make new friends. | 1 | 2 | 3 | 4 | 5 |
| 3. The friends I hang out with are a positive influence on me. | 1 | 2 | 3 | 4 | 5 |
| 4. I am inclusive of others and don't belong to an exclusive clique. | 1 | 2 | 3 | 4 | 5 |
| 5. I don't judge other people before I get to know them. | 1 | 2 | 3 | 4 | 5 |
| 6. I am loyal to my friends and don't talk behind their back. | 1 | 2 | 3 | 4 | 5 |
| 7. I am quick to forgive my friends when they make mistakes. | 1 | 2 | 3 | 4 | 5 |
| 8. I am a good listener and don't dominate discussions. | 1 | 2 | 3 | 4 | 5 |
| 9. I am kind to everyone, not just to people I like. | 1 | 2 | 3 | 4 | 5 |
| 10. I am able to resist peer pressure and be myself. | 1 | 2 | 3 | 4 | 5 |
| TOTAL |  | | | | |

Add up your score to see where you stand.

45-50 ----- you're on the high road. Keep it up!

40-44 ----- you need to move to higher grounds!

10-39 ----- you're on the low road .Don't doze off in this class!