

What Counts The Most?



In the space preceding each of the following statements, write a **O** for things that are OK in a friendship, **D** for maybe OK depending on the circumstances or a **N** for not OK.

- _____ 1. A friend accepts me just as I am, without trying to change me.
- _____ 2. A friend finds ways to show that I'm important to him/her.
- _____ 3. A friend is interested in the same things that interest me.
- _____ 4. A friend never pressures me to do something I don't want to do.
- _____ 5. A friend does not criticize me in front of other people.
- _____ 6. A friend can be trusted to tell me the truth, no matter how bad.
- _____ 7. A friend is willing to break rules to help me out.
- _____ 8. A friend never reveals my secrets.
- _____ 9. A friend never has to prove anything to me.
- _____ 10. A friend shares anything he/she has with me.
- _____ 11. A friend is loyal and backs my position at all times.
- _____ 12. With a friend I am able to behave any way I want, and he/she will understand.



HOW TO BE ASSERTIVE WITH A FRIEND

1. State your position
2. Repeat your position, but stay friendly
3. Stand up for yourself, refuse to take blame or guilt
4. Walk away



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