

Friendship Calculator

Think of one friendship that you have. Circle the column that's true about that friendship—whether it's how you have treated your friend or how your friend has treated you.

Friendship	Almost Always	Sometimes	Almost Never
Have lots in common and respect each other's differences	1	2	3
Only hang out with each other; anyone else is off limits	3	2	1
Celebrate our accomplishments and when possible attend each other's extracurriculars (like sporting events, talent competitions, and musical performances)	1	2	3
Expect them to do all the things I want to do	3	2	1
Understand that everyone makes mistakes and apologize/accept apologies when feelings get hurt	1	2	3
Gossip about each other or tell other people our secrets	3	2	
Talk about anything and everything	1	2	3
Only get together for the good times—disappear when times are tough	3	2	1
Are honest and loyal and can trust each other completely	1	2	3
Try to change each other	3	2	1
Score (tally up each column)			
Total Score (add each totaled column)			

Friendship Calculator— Check Your Score

10–13 (Rocking It) No doubt about it; you value your friendship and work hard at it! You really know how to maintain balance between your friendship and other parts of your life like family, extracurriculars, and school. You're each other's support system—and biggest fans! Keep on doing what you're doing. Your friendship is rock solid.

14–18 (Working It) The foundation of your friendship is strong. You've got the essentials down—like communication, respect, loyalty, and honesty—and that's what makes your friendship work. So when things don't always play out the way they do in your head, just remember to talk it out—and that means listening, too. Keep doing what you're doing well (all the 1s you circled), and more of it! When it comes to positive and healthy friendship, you're on your way to the top!

19–23 (Under Construction) You have the necessary material for friendship like common interests and having fun when you hang out. Now it's time to build upon it. Keep on doing what you're doing well (all the 1s you circled), and more of it! Also try to find ways to change your 2s and 3s to a 1. Remember to talk things out, and that means listening, too. When you're working at it, your friendship can only get stronger.

24–30 (Danger Zone) Help! Friendship should be based on mutual respect, trust, and communication. How can you change those 2s and 3s into 1s? Think about why you became friends in the first place, and start there—talk it out, and that means listening, too. If just thinking about talking scares you, it's okay to walk away. Everyone deserves positive and healthy friendships.