

## Self Reflection – Rate My Relationship Skills

Include ingredients you think that make a healthy relationship with family and friends. Choose from the list below or add your own. Rate each ingredient with an:

**A** – Always

**M**- Most of the Time

**S**- Sometimes

**R**- Rarely

**Ingredients:** Compassion, love, caring, kindness, honesty, good communicator, trust, fairness, supportive, inclusiveness, understanding, patient, empathetic, cooperative, positive, forgiving, appreciative.

Ingredients of a Healthy Relationship	With my Friends	With my Family Members
Kindness	M	S

Ingredients I would like to improve on with friends:

---

---

---

Ingredients I would like to improve on with family:

---

---

---

# Personal Ad for a Friend

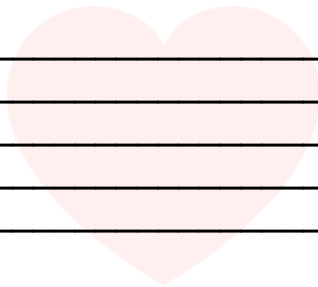
Pretend that you are trying to make a new friend. Think about what age you would like this person to be. Does it matter if the friend is a girl or a boy? What personality traits are you looking for in a friend? What kind of person do you think would make a great friend? Are there any activities that you would like to share with this new friend? Think about all the qualities you would be looking for in a good friend and list below.

**List of Friendship Qualities:** *(feel free to think of other qualities that are not listed below)*

- ★ Honest ★ Consistent ★ Fair ★ Compassionate ★ Assertive ★ Easy-going ★ Common interests
- ★ Caring ★ Sincere Good Listener ★ Cheerful ★ Fun ★ Supportive ★ Helpful ★ Empathetic
- ★ Trustworthy ★ Dependable ★ Independent Mature ★ Kind ★ Has good boundaries ★ Respectful
- ★ Smart ★ Responsible ★ Popular ★ Sense of Humour ★ Loyal

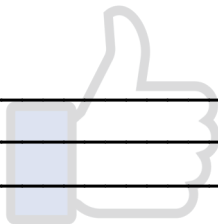
## Top Qualities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## LIKES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## DISLIKES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

