**Evaluating our Relationships - Important Qualities**

Consider the qualities below – How important is it that your friends (or other people in your life) have them?

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| --- | --- | --- | --- |
| Qualities | Very Important | Quite Important | Not Important |
| 1. They are kind to me |  |  |  |
| 1. They are good fun |  |  |  |
| 1. They are nice looking |  |  |  |
| 1. They are thoughtful |  |  |  |
| 1. They help me when I need it |  |  |  |
| 1. They give me things |  |  |  |
| 1. I can trust them |  |  |  |
| 1. They are cool and fashionable |  |  |  |
| 1. They have the latest gadgets/games |  |  |  |
| 1. They often say nice things to me |  |  |  |
| 1. They value our relationship |  |  |  |
| 1. They are a bit of a rebel |  |  |  |
| 1. We have the same interests |  |  |  |
| 1. They are a good listener |  |  |  |
| 1. They are sensitive |  |  |  |
| 1. They are honest |  |  |  |
| 1. They are funny and make me laugh |  |  |  |
| 1. They are popular |  |  |  |
| 1. We can talk about anythign |  |  |  |
| 1. We can work through difficulties |  |  |  |
| 1. . |  |  |  |
| 1. . |  |  |  |