**Evaluating our Relationships - Important Qualities**

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

|  |  |  |  |
| --- | --- | --- | --- |
| 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. .
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