

Friendship Assessment

Am I a good friend?

	YES	NO
I check in with you often to see how things are going for you and express my care and concern for you in a tangible way.		
I use kindness when we talk, even if I'm needing to tell you a difficult thing.		
I know more of your deep fears than any other person.		
You can tell me your most vulnerable secret.		
You can safely tell me anything about you without judgement.		
We laugh a lot when we are together.		
You don't feel judgment from me.		
I might tell you something you need to know negative, but it sounds like love, not judgement.		
You can call me anytime you are in distress and I will respond with understanding.		
We enjoy being together, even if we're doing something simple.		
I would never make fun of you or belittle you in public.		
I don't demand your time or energy.		
You look forward to our time together.		
You never dread spending time with me.		
You know I have your back, that I would defend you if you needed it.		
You can tell me your hopes and dreams about the future, knowing I won't judge you or discourage you.		
I would take care of you if you were sick.		
I know the intricate details of your heart...your likes, dislikes, preferences.		
We are connected regardless if we are together or if we are apart.		
Your heart is safe with me. I'm intentional about repairing if I mess up.		
We pray together comfortably.		