



FRIENDSHIP INVENTORY

1. What are my goals for friendship?

More friends/fewer friends?

Improve the quality of current friendships?

End destructive or interfering relationships?

2. What am I willing to invest in my friendships?

e.g. time, money, emotional vulnerability

3. Is my willingness/capability to invest in friendships compatible with my goals?

4. Are things about me that may be creating barriers to friendship?

e.g.:

I'm too busy for friends

I often don't have money to go places and do things

I'm judgmental of my friends

I'm closed off and won't allow someone to get close

I'm not dependable (often changing or cancelling plans)

AND

Am I willing to change any of these in order to improve or build relationships?

5. Are there ways I've found or tried to make friends in the past that work well or clearly don't work for me?