

Friendship

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EVALUATING FRIENDSHIPS

- Do you have shared values?
- Do they encourage you to be a better person?
- Are they jealous of your accomplishments?
- When you go to them with a struggle do they minimize your issue?
- Do they join in the pity party?
- Are they “fair-weather friend”? Or do they stick by you when you are going through struggles?
- Do you like who you are with them?
- Would you be ashamed of your behavior if your husband saw a tape of your time with your friend?
- When you leave your friend do you feel supported and loved or judged and disappointed?
- Do you have a friend that didn’t score so well? (or a couple?) Now what?

Are these the answers your friend would score for as long as you have known them?

YES

- Boundaries on when and where you spend time together.
- Rules about what topics are to be off limits.
- May need to shift to more of a mentor-like role.
- If you find your friend (or you) aren’t willing/able to abide by the necessary boundaries, you need to end the relationship.

NO

If your friend is just currently going through a hard time. They may need you to pull extra weight in the friendship. This situation means they may not be able to support you or encourage you the same as they used to. But please don’t leave this friendship. They need you.