

Name:

Date:

HEALTHY VS. UNHEALTHY DYNAMICS

Circle (H) for healthy or (U) for unhealthy in each friendship behavior:

1. Respecting each other's opinions – H / U
2. Keeping secrets safe – H / U
3. Ignoring your messages for a long time on purpose – H / U
4. Encouraging you to try new things – H / U
5. Making fun of you in a mean way – H / U
6. Celebrating your achievements – H / U
7. Sharing and taking turns – H / U
8. Talking behind your back – H / U
9. Listening when you're upset – H / U
10. Pressuring you to do something wrong – H / U
11. Accepting differences in opinions – H / U
12. Making fun of your family or culture – H / U
13. Cheering you up when you're sad – H / U
14. Refusing to apologize after hurting your feelings – H / U
15. Being honest even when it's hard – H / U