

Friendship Skills Self-Rating Form

Name: _____ Date: _____

Instructions: Each statement below represents a skill that helps to strengthen friendships. After each statement is a numerical rating you could choose. Circle the number that tells how often you use each skill now.

Rating Scale Codes:

1 = never; 2 = seldom; 3 = sometimes; 4 = usually; 5 = always

1. I try to discover and talk about similar interests. 1 2 3 4 5
2. I share things (e.g., food, equipment, etc.) with my friends. 1 2 3 4 5
3. I help my friends when they need or ask for it. 1 2 3 4 5
4. I compliment my friends with kind words. 1 2 3 4 5
5. I remember my friends' birthdays, with a card, gift, etc. 1 2 3 4 5
6. I create humor and laugh with my friends. 1 2 3 4 5
7. I play games with my friends (e.g., board games, sports, etc.). 1 2 3 4 5
8. I spend time with my friends regularly. I keep in touch. 1 2 3 4 5
9. I listen to my friends about as much as I talk to them. 1 2 3 4 5
10. I avoid sarcastic teasing with my friends. I talk respectfully. 1 2 3 4 5
11. I tell my friends how I truly feel about things. I am honest. 1 2 3 4 5
12. When we disagree, I offer choices and try to compromise. 1 2 3 4 5
13. I avoid name-calling and swearing with my friends. 1 2 3 4 5
14. I avoid shoving, hitting, or physically hurting my friends. 1 2 3 4 5
15. I invite my friends to things (e.g., games, movies, etc.). 1 2 3 4 5
16. I respect my friends' privacy (e.g., avoid prying or gossiping). 1 2 3 4 5
17. I admit when I am wrong, apologize, and try to improve. 1 2 3 4 5