



Map your friendships, name what you value, pick one to grow and one to ease, plan a reach-out. If you feel afraid of or controlled by someone close to you: England 0808 2000 247, Scotland 0800 027 1234, Wales 0808 80 10 800, Northern Ireland 0808 802 1414, US 1-800-799-7233.

01 My friendships now

List the people who matter to you, from close friends to ones you would like to be closer to. Write about your own experience only. This is not a ranking of anyone.

Name or initials	How we know each other Work, school, neighbour, hobby...	How I feel after seeing them Lighter, tired, calm, small...	How often we are in touch
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Looking at the list, what do I notice?

How do I feel about my friendships overall, right now?

1	2	3	4	5	6	7	8	9	10
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Lonely or stretched

Well supported

02 What I value in a friend

Tick what matters to you. These are your own preferences.
None is more correct than another.

- ☐ Someone who listens without rushing to fix
- ☐ Someone who is honest with me, kindly
- ☐ Someone who makes me laugh
- ☐ Someone I can be myself around
- ☐ Someone who keeps in touch, or who I can pick up with after a gap
- ☐ Someone who is there when things are hard
- ☐ Someone who celebrates my good news
- ☐ Someone who shares my interests or humour
- ☐ Someone who respects my limits and my time
- ☐ Someone I can keep a secret with

Three things I value most in a friend, in my own words:

03 What kind of friend I am

Think about how you show up for people. Give yourself the same fairness you would give a friend.

Two things I do well as a friend:

One thing I would like to work on, and why:

A time I felt I was a good friend to someone:

04 A friendship I would like to grow

Friendship needs time together. In one 2019 paper by J. A. Hall, two studies found that more hours spent together went with closer friendship. In the first, time doing leisure activities together also predicted closeness. They show links, not proof of cause. A small, shared thing is a good place to start.

The friendship I would like to grow (name or initials):

Why it matters to me:

- ☐ Suggest a walk or a coffee on a named day
- ☐ Send a short message about something we shared
- ☐ Invite them to something I was going to do anyway
- ☐ Ask them a question I have been wondering about
- ☐ Say thank you for something they did

My one small step, and when I will do it:

05 A friendship that drains me

Sometimes you leave a friend feeling flat, worried or small. That is worth noticing, gently. It does not mean they are a bad person or that the friendship has to end. This section is for friendships where you can speak up safely. If you feel afraid of someone close to you, or they control, threaten or hurt you, do not try to talk it through alone. In England, the National Domestic Abuse Helpline is free and open 24 hours on 0808 2000 247. In Scotland, call 0800 027 1234; in Wales, 0808 80 10 800; in Northern Ireland, 0808 802 1414. US: National Domestic Violence Hotline 1-800-799-7233. In immediate danger, call 999 (UK) or 911 (US).

The friendship (name or initials) and what I notice after seeing them:

What happens that leaves me feeling this way:

- ☐ Tell them how it affects me, using an 'I' statement
- ☐ Ask for one change, such as shorter visits or different plans
- ☐ See them less often for a while
- ☐ See them in a group instead of one to one
- ☐ Keep things light and friendly, with fewer deep talks

- ☐ Let the friendship fade if it no longer fits

What I would like to change, and one small first step:

06 Reaching out

A short, warm message is enough. You do not need to explain a long gap. Change the words until they sound like you.

- ☐ 'I was thinking of you. How are you doing?'
- ☐ 'It has been too long. Would you like to get a coffee on Saturday?'
- ☐ 'Saw this and it made me think of you.'
- ☐ 'I miss our chats. Can I call you on Sunday?'
- ☐ 'I would love to see you. Is there a day that suits you this month?'

My own message to someone I want to reach out to:

When I will send it:

07 Monthly look back

Once a month, take ten minutes with this section. Write the date yourself. It is for you, not a score.

Date:

A friendship moment this month that I am glad of:

Who I reached out to, and how it went:

How supported do I feel by my friendships this month?

1 2 3 4 5 6 7 8 9 10

Not at all

Very

One small step for next month:

When you're done, a moment to reflect

- Who do you feel most like yourself with, and what do they do that helps?
- Is there someone you keep meaning to contact? What is stopping you?
- What do you give to your friends that you would like to receive too?
- Which friendships fit the person you are now, and which fitted an earlier you?
- What is one small thing you could do this week to be a friend, or to let one in?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/friendship-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.