

TRUE-FRIEND TEST

1. After my friend and I spend time together, I feel happy and good about myself.
YES NO
2. When I'm upset and just need to talk, my friend will listen.
YES NO
3. We bring out the best in each other.
YES NO
4. This friend would never make fun of me for being myself.
YES NO
5. I would always stand up for this person, and he or she would stand up for me.
YES NO
6. Even when we don't agree, we treat each other with kindness and respect.
YES NO

Answers:

YES: The person who makes you say "Yes" to these statements is a real friend. Hooray!

NO: There's no such thing as a perfect friendship, but answering "NO" many times is a bad sign. Take a step back and ask yourself if keeping this friend is really the best choice.

Making new friends isn't always easy, but there are plenty of fish in the sea. That's an old-fashioned way of saying that there are lots of people in the world. It's not worth spending time with the ones who make you feel bad about yourself.