

Quiz: The Friendship CheckUp

So let's say you have a friendship, but you're starting to feel like something's off. How can you tell if a friendship is a relationship to keep investing in? Take the quiz, give yourself points based on the scoring chart below, and then add up your total.

THE FRIENDSHIP CHECKUP		Rarely	Sometimes	Often
1.	Do I enjoy being with this friend?			
2.	Can I be myself with this person?			
3.	Do I like the person I am when I hang out with this friend?			
4.	Does being with this person make me more godly?			
5.	If I feel uncomfortable about something, can I talk to my friend about it?			
6.	Does this friend respect me and my convictions?			
7.	Does this friend listen to me?			
8.	Does this person apologize when they've hurt my feelings?			
9.	Does this person forgive me when I've hurt them?			
10.	Is this person trustworthy?			
SUBTOTAL				
TOTAL				

SCORING

Rarely = 1
 Sometimes = 2
 Often = 3

KEY

24–30 = Looking good! Keep building into that friendship.
 18–23 = It's tune-up time. Try adding more of God—and yourself—into this friendship.
 Less than 18 = You've got some thinking and praying to do. Maybe it's time to seek advice from a parent or spiritual mentor to discuss how this relationship is going.