

WHO ARE YOUR REAL FRIENDS?

Evaluate your friendship network to see how your friends measure up. It's best to do this on your own. You might not be honest if people are looking over your shoulder.

1. **Get a piece of notebook paper.** Draw four long columns on the page.
2. **Write these words at the top of the columns:** My Friends, Always, Sometimes, Never.
3. **In the first column list of all your friends. For each one, ask yourself:** Is this person always, sometimes, or never my real friend?

—Always friends respect and support you pretty much all the time. If they do slip up, they are quick to apologize and they try to avoid making the same mistake. They're also helpful, loyal, and trustworthy.

—Sometimes friends are friends only when it's convenient for them.

—Never friends are not real friends. Maybe they once were, but now . . . not really.

4. **Place a checkmark in the column that best matches the kind of friend a person is.**
Always? Sometimes? Never?

5. **Whatcha got?** If you have Never friends, you deserve better. If you have Sometimes friends, you may need to speak up more often when they don't treat you right. If you have at least one Always friend, then you've got gold. Want more Always friends? You may have to raise the bar when it comes to what you ask of others—and of yourself.

Think about it: If your friends did this exercise, where would they put you?