

FRIENDSHIP SCALE

- ◆ Nobody is 100% fake or real all the time.
- ◆ This scale helps you identify where your relationship with someone falls on a scale from “Fake-to-Real”.
- ◆ On each line, place an “X” closest to the most accurate statement.
- ◆ An “X” in the middle means you feel this happens about half the time.

FAKE FRIEND

REAL FRIEND

I feel inadequate and bad about myself after being with this person	I feel good and enjoy our time together
This person is always wanting favors but won't do the same for me when I need help.	I get as much as I give out of this friendship; it feels pretty equal
This person says things like, “If you were my friend you would...” and “I can't be your friend anymore if you...”	This person never makes me choose between doing something I'm uncomfortable with and being their friend.
This person tells me who I should and shouldn't be friends with	This person encourages me to hang out with other people who I enjoy being with, even if they aren't part of the same group
This person gets defensive when I want to do something they're not interested in and makes fun of activities I enjoy.	This person supports me in things I pursue and knows when to encourage me to step outside my comfort zone. I know that, win or fail, they'll have my back.

How does your friendship measure up?

The most genuine friendships have the most “X” marks toward the “Real” side of the scale, but having a few “X” marks on the “Fake” side doesn't mean they should be completely eliminated from your life.

Knowing where someone falls on this scale makes you aware of the quality of this relationship and helps you decide if you want to continue spending a lot, a little, or no time with someone.