



Check In- Is This Friendship Still Serving You?

Part 1: Self-Reflection - Tuning Inward

(Answer these questions honestly, using a scale of 1-5, where 1 = Not at all and 5 = Absolutely)

- **Emotional Resonance:**
 - ___ I feel genuinely happy and energized after spending time with this friend.
 - ___ I feel seen, heard, and understood by this friend.
 - ___ I feel safe and comfortable being vulnerable with this friend.
 - ___ I feel supported in my goals and aspirations by this friend.
 - ___ This friendship brings more joy than stress into my life.
- **Reciprocity and Balance:**
 - ___ I feel the effort and investment in this friendship are relatively balanced.
 - ___ I feel comfortable asking this friend for help when I need it.
 - ___ This friend is there for me as much as I'm there for them.
 - ___ My needs are considered in this friendship.
 - ___ I don't feel like I'm constantly giving and getting nothing in return.
- **Growth and Evolution:**
 - ___ I feel like this friendship encourages me to grow and evolve.
 - ___ We navigate disagreements or conflicts in a healthy and constructive way.
 - ___ Our values and beliefs are still aligned (or at least respected).
 - ___ This friendship has adapted to changes in our lives (e.g., careers, relationships, location).
 - ___ I feel like I can be my authentic self around this friend.
- **Boundary Respect:**
 - ___ This friend respects my boundaries (time, energy, emotional).
 - ___ I feel empowered to say "no" to this friend without feeling guilty.
 - ___ Our communication styles are compatible.
 - ___ This friend respects my privacy.
 - ___ I trust this friend to keep my confidences.

Scoring:

- **4-5 on most questions:** This friendship is likely thriving and fulfilling. Focus on maintaining the connection and nurturing its positive aspects.
- **2-3 on many questions:** This friendship may need some attention and open communication. There are areas where the connection feels strained or unbalanced.
- **1 on many questions:** This friendship may be draining you more than nourishing you. It's time to seriously consider whether it's still serving your well-being.

Part 2: Identifying Potential Issues - Digging Deeper (Feel free to use your Journal)

(Answer these questions with detailed thoughts and observations)

- **What specific behaviors or patterns in the friendship are causing you concern?** (Be specific: avoid generalizations like "They're always negative." Instead, say, "They frequently complain about their job without acknowledging my own work struggles, making me feel unheard.")
- **What are your unmet needs in this friendship?** (What are you lacking that you desire?)
- **What is *your* role in the dynamic?** (Are you enabling any unhealthy patterns? Are you communicating your needs clearly?)
- **What have you already tried to address these issues?** (What worked? What didn't?)
- **If nothing changes, can you accept this friendship as it is?** (If not, what are you willing to do?)