The Friendship Quiz:
Good Friend, Bad Friend?

There’s an unspoken contract in friendship: You be there for me, I’ll be there for you. But what if one of you isn’t living up to her end of the deal? (What if it’s you?) Just go through this who-does-what-for-whom list, and find out how you score.

1. Initiate contact between the two of you (by calling, e-mailing, dropping by for a visit, sending an invitation to an event, etc.).

I do this for my friend:

- never
- rarely
- sometimes
- often
- always

My friend does this for me:

- never
- rarely
- sometimes
- often
- always

2. Create a supportive atmosphere, making a point of being cheerful, encouraging, and caring enough to make the other person feel good.

I do this for my friend:

- never
- rarely
- sometimes
- often
- always

My friend does this for me:

- never
- rarely
- sometimes
- often
- always

3. Prepare a special event (a dinner, birthday party, fun activity) for both of you to do together.

I do this for my friend:

- never
- rarely
- sometimes
- often
- always

My friend does this for me:

- never
- rarely
- sometimes
- often
- always

4. Stand up for the friend with other people; defend or support her when people aren’t treating her well.

I do this for my friend:

- never
- rarely
- sometimes
- often
- always

My friend does this for me:

- never
- rarely
- sometimes
- often
- always

5. Focus on the other person’s problems; offer empathy, understanding, kindness, comfort, and verbal reassurance.

I do this for my friend:

- never
- rarely
- sometimes
- often
- always

My friend does this for me:

- never
- rarely
- sometimes
- often
- always
6. Physically help out with the other person’s life: show up to take care of things when the other is ill; take care of pets, plants, children while friend is out of town.

I do this for my friend:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

My friend does this for me:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

7. Give small (or large) presents that will mean a lot to the other person. Remember birthdays and other occasions that are personally significant to that person.

I do this for my friend:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

My friend does this for me:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

8. Compliment the other person’s looks, intelligence, talent, importance, fashion sense, magnanimity, and other sterling qualities.

I do this for my friend:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

My friend does this for me:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

9. Help the other person feel better after unpleasant interactions with others (issues at the office, family-of-origin drama, and above all, the processing of romantic relationship dynamics).

I do this for my friend:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

My friend does this for me:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

10. Make a point of being punctual for appointments, keeping promises no matter what, and remembering and honoring all commitments.

I do this for my friend:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always

My friend does this for me:  
☐ never  ☐ rarely  ☐ sometimes  ☐ often  ☐ always