

Friends Recipe

ACTION WORKSHEET

WHAT KIND OF FRIEND AM I?

WHAT ARE MY BELIEFS AND DO I FEEL SECURE ENOUGH TO DEFEND THEM?

DO I KNOW WHAT KIND OF FRIEND I AM?

DO I CARE WHAT OTHER PEOPLE THINK OF ME?

AM I TAKING STEPS TO FEEL VULNERABLE WHEN CONNECTING WITH OTHERS?

ARE THERE THINGS I CAN DO FEEL OK WITH HOW I'M FEELING ABOUT BEING VULNERABLE?

AM I USING BRAVERY AND COURAGE TO BE VULNERABLE?

AM I SHOWING UP? OR HATING IT?

IF HATING IT, WHY? WHAT IS IT ABOUT VULNERABILITY, COURAGE OR BRAVERY THAT ARE MAKING YOU FEEL UNCOMFORTABLE?

IS IT JUST FEELING SOMETHING NEW AND PART OF THE PROCESS?

AM I HATING THAT I HAVE TO BE VULNERABLE WITH THIS PARTICULAR PERSON? (IF YES, THEN YOU PROBABLY SHOULDN'T- REVIEW IF THERE ARE ANY RED FLAGS BEFORE GIVING ONE SOMETHING SO SCARY LIKE YOUR VULNERABILITY)

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ACTION WORKSHEET

AM I EMPATHETIC? CAN I PUT MYSELF IN SOMEONE ELSE'S SHOES?

I'M NOT THAT EMPATHETIC BUT I'M TRYING TO SHOW UP

I'M NOT EMPATHETIC BUT I'M DOING THE RESEARCH TO SEE HOW TO BE BETTER AT THIS

I'VE NEVER BEEN GOOD AT THIS BUT I'M TRYING BY DOING THE "RIGHT THING" IN MY BOOK.

DID I DO THE FRIENDS SELF-EVAL?

IF SO, WILL I BE ABLE TO EXERCISE MY LIMITS AND BOUNDARIES WITH CONFIDENCE?

DO I USE CONDITIONS FOR MY FRIENDSHIPS?

MUST MY FRIENDS PROVE THEMSELVES TO ME? IF SO, WHY AND BY WHAT?

HOW IS THIS WORKING FOR YOU?

HOW CAN I MEASURE IF I'M BEING TAKEN ADVANTAGE OF? (HINT: YOUR FRIENDSHIP SELF-EVAL)

I'VE MEASURED AND I AM BEING TAKEN ADVANTAGE OF. THEN ARE YOU FLEXIBLE IN THIS AND GIVING YOUR FRIEND ANOTHER SHOT? IF SO, KNOW WHEN TO CUT IT OFF OR HAVE A TALK.