



True Friend Test

This quiz is adapted from an American Girl book called, *A Smart Girl's Guide to Friendship Troubles*, which I really love and highly recommend you get. You can use this over and over again as you make new friends or start to get a feeling inside that one of your 'old' friendships might not be such a good one any more. Picture in your mind the friend you are wondering about as you ask yourself each of these questions. The friend who inspires you to say YES to these statements is a friend through and through. Hold on to her!

1. After we're together, I feel happy and good about myself.
Yes No
2. When something good happens, she's the first one I want to tell, because I know she'll be really excited for me.
Yes No
3. When I'm angry about something and just need to talk, she'll listen.
Yes No
4. I can trust her not to share personal information about me that I have shared with her in private.
Yes No
5. When I say, "O.K., we'll do it your way," it doesn't feel like I'm giving in because chances are the last time we disagreed, she did things my way.
Yes No
6. She brings out the best in me.
Yes No
7. We always have things to talk about.
Yes No
8. I can make a total fool of myself and she won't cut me down for it.
Yes No
9. I would stand up for her, and I know she'd do the same for me.
Yes No
10. When she's sad or upset, I feel bad and want to help in any way I can.
Yes No