

Healthy friendship quiz



Note: Some questions may have more than one correct answer

1. What are the potential problems of having unhealthy friendships?

- A. Increased self-esteem
- B. Decreased stress
- C. Negative peer pressure
- D. Feeling unhappy

2. Which of the following will help you make good friends?

- A. Make yourself extra friendly and cool
- B. Be trustworthy
- C. Try to only pick potential friends who are similar to you
- D. Buy nosh for potential friends so you will be more popular

3. What is the main purpose of using your instinct to identify healthy friendships?

- A. To make you suspicious of everyone
- B. To help you find friends who are good for you
- C. To warn you about potentially negative friends
- D. To make you overly critical of your friends

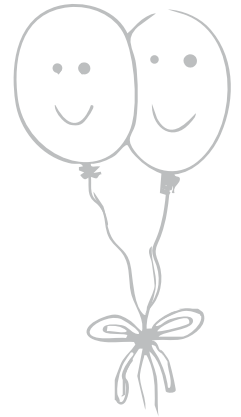
4. When it comes to unhealthy friendship types, what is a sign of a friend who is a stressor?

- A. Someone who makes you laugh and have fun
- B. Someone who causes you to feel tense and uncomfortable
- C. Someone who listens and is very supportive
- D. Someone who is always agreeing with you

5. How can comparing yourself less help you overcome jealousy?

- A. By reducing your focusing on others and what they have over you
- B. It allows you to concentrate more on what YOU have
- C. It doesn't
- D. By focusing on your negative aspects

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6. Which strategy could you use to manage jealousy in friendships?

- A. Talking negatively about your friends
- B. Sharing your jealous feelings with someone you trust
- C. Understanding your feelings
- D. Ignoring your feelings

7. What are some signs of someone experiencing jealousy in a friendship?

- A. Complimenting their friends
- B. Encouraging their friends' successes
- C. Feeling resentful of their friends' achievements
- D. Supporting their friends' goals

8. What qualities should a person have to make friends?

- A. Be okay if there are arguments
- B. Be willing to lie when necessary
- C. Be open-minded and non-judgemental
- D. Be patient

9. What are some common confidence traps?

- A. Over-analysing the conversation
- B. Trying to work out what the other person is thinking
- C. Making sure that there is no silence in the conversation
- D. Staying away from people; it's less stressful

10. Which one of these is an unhealthy friendship type?

- A. The volcano
- B. The earthquake
- C. The coffee machine
- D. The user



Healthy friendship quiz answers



1. C, D
2. B
3. B, C
4. B
5. A, B
6. B, C
7. C
8. A, C, D
9. A, B, C
10. A, D