

Name :

Date :

# BUILDING STRONGER BONDS

## FRIENDS CONNECTION WORKSHEET

Friendships enrich our lives. Use this worksheet to reflect on and improve your connections.

CATEGORIES	YOUR THOUGHTS
What qualities do you value most in a friend?	
Describe a meaningful friendship you have. What makes it special?	
How do you support your friends emotionally and practically?	
What challenges have you faced in friendships, and how did you handle them?	
How do you communicate and resolve conflicts with friends?	
What steps can you take to strengthen your friendships?	

By completing this worksheet, you are taking a proactive step toward building and maintaining meaningful friendships. Remember, strong connections require effort, communication, and mutual support.