



Tool: Friendship Support Pack

- Friendship Self-Assessment
- Friend Role Model Worksheet
- Friendship Compatibility Checklist
- Friendship Action Plan

Friendship Self-Assessment

Purpose: A guided reflection to help you evaluate the current state of your friendships and identify areas for growth, balance, and mutual understanding.

Instructions: Reflect on the following questions. Write your answers or think them through, focusing on patterns and actionable insights.

1. **What do I value most in a friendship?** Identify the traits or qualities that are most important to you in a meaningful relationship.

2. **Which friendships feel energizing, and why?** Reflect on the friendships that leave you feeling uplifted, respected, supported, or happy.

3. **Which friendships feel draining, and why?** Consider which relationships feel like they take more from you than they give and explore the possible reasons.

4. **Are there specific actions I can take to improve these relationships?** Think about steps you can take to strengthen connections or address issues within these friendships.

5. **What boundaries, if any, do I need to establish or reinforce?** Reflect on where you might need clearer boundaries to protect your well-being and improve your relationships.

6. **Am I giving as much as I'm receiving in my friendships? Do I feel that my efforts are being reciprocated?** Assess whether the give-and-take in your friendships feels equitable and satisfying.

7. **Do my friends understand and respect my neurodivergent needs, or do they want to learn?** Consider how well your friends accommodate your needs and whether there are opportunities for better communication.

8. **What have my friends done that made me feel supported and valued as a neurodivergent person?** Reflect on specific actions, words, or behaviors from your friends that have helped you feel understood and accepted. Use these examples as a guide to identify what support looks like for you, and consider sharing these stories with other friends who may want to support you but might not know how.

Tip: If it feels right, share your gratitude with those friends. They may not realize the impact they've had, and expressing your appreciation could mean a lot to them.

9. **How can I support my friends, especially those wired differently, while balancing my own needs and boundaries?** Reflect on ways to align your support with your friends' needs while protecting your well-being. Consider asking them directly how you can be a better support. Think about what compromises feel comfortable and sustainable for you.

10. **Are there friendships I've been neglecting that I want to invest more time in?** Reflect on relationships that may need more of your attention and how you can nurture them.

Friend Role Model Worksheet

Purpose: A short exercise to *identify role models in friendship and what you can learn from them.*

Instructions: Use this worksheet to reflect on who inspires you in your friendships and how you can embody their qualities.

Identify Your Friendship Role Models

- *Who in my life embodies the qualities I value in a friend? (List one or more people who inspire you as role models in friendship.)*

Explore Their Actions and Habits *What specific actions or habits make them a great friend?*

- *Do they communicate clearly?*
- *Are they consistent in their actions?*
- *Do they respect boundaries?*
- *How do they show kindness, flexibility, or support?*

What Can You Learn from Them?

- *One thing I can try to emulate: (Write one habit, behavior, or trait they demonstrate that you'd like to adopt.)*
- *One way they inspire me to show up better in friendships: (Write one specific way they motivate you to improve your own approach to relationships.)*

Reflection Write a sentence or two about how this exercise has changed the way you think about or approach your friendships.

(Example: "This exercise helped me realize how much I value consistency in a friend, and I want to show the same reliability to the people I care about.")

Friendship Compatibility Checklist

Purpose: A checklist to assess compatibility in both existing and new friendships.

Instructions: Use this checklist as a guide to reflect on the health and fulfillment of your current friendships or when considering new ones.

Checklist

Questions	Yes	No
Boundaries: Do we respect each other's boundaries?		
Communication: Are our communication styles compatible or adaptable?		
Values: Do we share core values or interests?		
Reliability: Does this person follow through on commitments? Do I?		
Flexibility: Are they open to learning about and accommodating my needs? Am I open to theirs?		
Energy Balance: Does being with them feel energizing rather than draining for both of us?		
Support: Can I rely on them during challenging times? Can they rely on me?		
Growth: Do I feel like this friendship encourages personal growth for both of us?		
Trust: Is there a foundation of honesty and mutual respect?		

How to Use the Friendship Compatibility Checklist

Interpreting the Results

- **Mostly "Yes" Responses:** Indicates a strong foundation for compatibility and growth. These friendships are worth nurturing.
- **Mixed Responses:** Suggest areas to explore further. Discuss potential improvements or set boundaries where needed.
- **Mostly "No" Responses:** May signal a mismatch in core values or needs. Consider whether this friendship serves your well-being.

Reflecting on Your Friendships

Periodically review the checklist to assess your friendships. Identify strengths to celebrate and areas where there's room for improvement. Use these insights to:

- Nurture healthy relationships.
- Address potential challenges.
- Recognize when a friendship may no longer serve your well-being. Go slow in the case of long-term relationships. Remember, you can't make new old friends.

Friendship Action Plan

Purpose: A step-by-step guide to actively strengthen and nurture friendships.

Instructions: Use the steps below to take deliberate actions in your relationships.

Create Your 6-Step Action Plan

Step 1: Choose a Friendship to Nurture

- Identify one green-flag friendship you want to invest in.

Step 2: Plan an Action

- Think of a meaningful way to show appreciation, such as writing a heartfelt note, scheduling a call, or offering a small gesture like bringing them their favorite treat.

Step 3: Reflect on Your Own Role

- Consider one personal behavior you can improve for your friends (e.g., better communication, showing up more consistently, or respecting their boundaries more intentionally).

Step 4: Set a Goal

- Write down one specific goal for this friendship (e.g., spend more time together, have a deeper conversation, or plan an activity you'll both enjoy).

Step 5: Follow Through

- Schedule a time to take action and reflect on how it was received.

Step 6: Evaluate and Adjust

- After completing the plan, consider what worked well and what you might do differently in the future to strengthen the friendship further.
