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| --- | --- | --- | --- | --- |
|  |  | Friendship Audit |  |  |
| Friend's Name | **Friend's Personality** | **Friend's Role** | **Friend Represents** | **Relationship Health** |
| What is his/her name? | Describe his/her personality. | What role did he/she play in your life? | Who does he/she represent from your childhood? | Was this a toxic friendship or no? Explain. |
|  |  |  |  |  |

Why did you become friends with this person?

Was your friendship one of equal give and take?

Did you play a role with this friend that is like a role you observed or played in your dysfunctional family?