

On a scale of 0 to 4, write your score in each box. 4 = never miss a chance; 3 = you can just about count on it; 2 = maybe yes, maybe no; 1 = hardly; 0 = never.

Friendship breakers

1. Betrays trust:

- ☐ gossips
- ☐ two-faced
- ☐ always late
- ☐ snobbish

2. Builds self up at others' expense:

- ☐ bullies, bosses
- ☐ brags, acts tough, cool, macho
- ☐ puts people down
- ☐ lays guilt on others

3. Poor values:

- ☐ lies
- ☒ steals or destroys property
- ☐ foul-mouthed
- ☐ abuses alcohol
- ☐ sexually permissive

4. Taker instead of giver:

- ☐ jealous
- ☐ takes others for granted
- ☐ selfish
- ☐ stubborn
- ☐ close-minded
- ☐ possessive
- ☐ clings for security

5. Insensitive:

- ☐ loud-mouthed
- ☐ short-tempered
- ☐ moody
- ☐ interrupts or dominates conversations

Friendship builders

1. Trustworthy/faithful:

- ☐ keeps appointments
- ☐ sticks by friends in trouble
- ☐ honest even when it hurts
- ☐ keeps secrets

2. Sees good in others:

- ☐ likes others as they are/accepting
- ☐ is an up person
- ☐ easygoing
- ☐ helps others to like themselves
- ☐ encourages others
- ☐ leaves others free/gives space

3. Caring:

- ☐ listens
- ☐ laughs and cries with others
- ☐ understanding
- ☐ gives of self and time
- ☐ helps others when they're down
- ☐ comforting

4. Good disposition:

- ☐ good-humored
- ☐ even-tempered
- ☐ respects others
- ☐ respects self
- ☐ forgives

Total each column. Subtract "breakers" total from "builders" total. 60 or more = David/Jonathan award; 40-59 = good to be around; 20-30 = welcome to the human race; below 20 = how about practicing with a pet—soon?