

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?