



# Friendship Rally

We all need friends. There are times in our lives when we especially need the support friends can provide. Here are some questions which will help you learn about your friendships and the friendships of your group members. Take a moment to answer the following questions and then take turns sharing your answers with the group.

1. When was the last time you found yourself surrounded by a group of your best friends?
2. When did you need help or support and your friends rallied around you?
3. When did you need the love and support of your friends but found yourself alone, needing your friends but struggling without them?
4. What can you do to make sure your friends are there when you need them?
  - ☐ ask them for help when I need it
  - ☐ get better friends
  - ☐ be there for them when they need a hand
  - ☐ be more open with my feelings
  - ☐ do a better job staying in touch
  - ☐ be more hospitable, giving and outgoing
  - ☐ other: \_\_\_\_\_
5. What can you do to be a better friend?
6. How can your friends help you today?