



Mental Health Worksheet



by

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Is your friendship Healthy or Toxic?

I can be myself around my friend as they accepts me for who I truly am. **Yes** **No**

My friend listens to my thoughts & feelings with an open mind without judgement. **Yes** **No**

I feel safe around my friend as they respect me and my boundaries. **Yes** **No**

I feel comfortable talking to my friend because I'm sure I can trust them. **Yes** **No**

My friend tries to be there for me during my tough times & doesn't let me feel alone. **Yes** **No**

I feel supported by my friend in my new endeavours & tries to be there for me. **Yes** **No**

I feel comfortable discussing anything that's on my mind with my friend. **Yes** **No**

If we fight, my friend gives me a chance to explain my perspective respectfully. **Yes** **No**

My friend doesn't pressurize me to do something that I am not comfortable with. **Yes** **No**

Scoring & Reflection

SCORING

Count the number of times you chose 'YES',
if it is:

- 1-3 times, you deserve healthier friendship!
- 4-6 times, you seem to have a good friend.
- 7-9 times, yay your friend is amazing!

REFLECTION

Take a moment to reflect on all the relations in
you life and think about how healthy they are.
Write down two specific ways in which you want
your relations to improve.

- 1.
- 2.

Remember, you deserve to be surrounded by the
people who love you and support you while
respecting you and your boundaries.

Note: This is a basic assessment worksheet.