

What qualities belong to a friend?

What behaviours need boundaries?

Notes on the behaviours & attributes:

- **I feel that this activity has potential for triggering disclosures.**
- Some of the behaviours and attributes are clearly able to be allocated to a “Friend” or “Boundaries” categories.
- Some of the behaviours and attributes are not so clear as to where they fit and therefore it is worth a discussion about when they are ok, when they may need boundaries and what the boundaries may look like. Unpredictable mood swings may be a difficult one to classify. However, the discussion here could be around who is responsible for emotions.
- The obvious follow on from this activity is what are boundaries and how do we as people establish healthy boundaries.

A good friend!



Am I a good friend?

Making Friends... Not as simple as you think... Happens when you least expect it

Behaviours that need boundaries



What qualities belong to a friend?

What behaviours need boundaries?



Mean to people	I can trust them	Follows rules	Never lets me talk
Rude	Bossy	Calm	Thoughtful
Funny	Smart	Kind	Brave
When they make me sad they tell me they were just joking	They forgive me when I make a mistake	They try to get me to do stuff or say stuff I don't want to do	Does not listen when I say "no"
Cares about my feelings	Makes me feel scared	They stand up for me	I feel good when I am with them
Changes plans at the last minute almost always	They do what they say they will do	Doesn't do what they say they will do	They make my wins or losses seem unimportant
Makes me keep bad secrets	They like me the way I am	They want me to change	They get my jokes
Able to see the bright side of things	Takes credit for things they didn't do	Tells me I am a chicken if I don't want to do something	Tries to show me things that I am uncomfortable with
Unpredictable mood swings	Good listener	Tells lies	Drama