

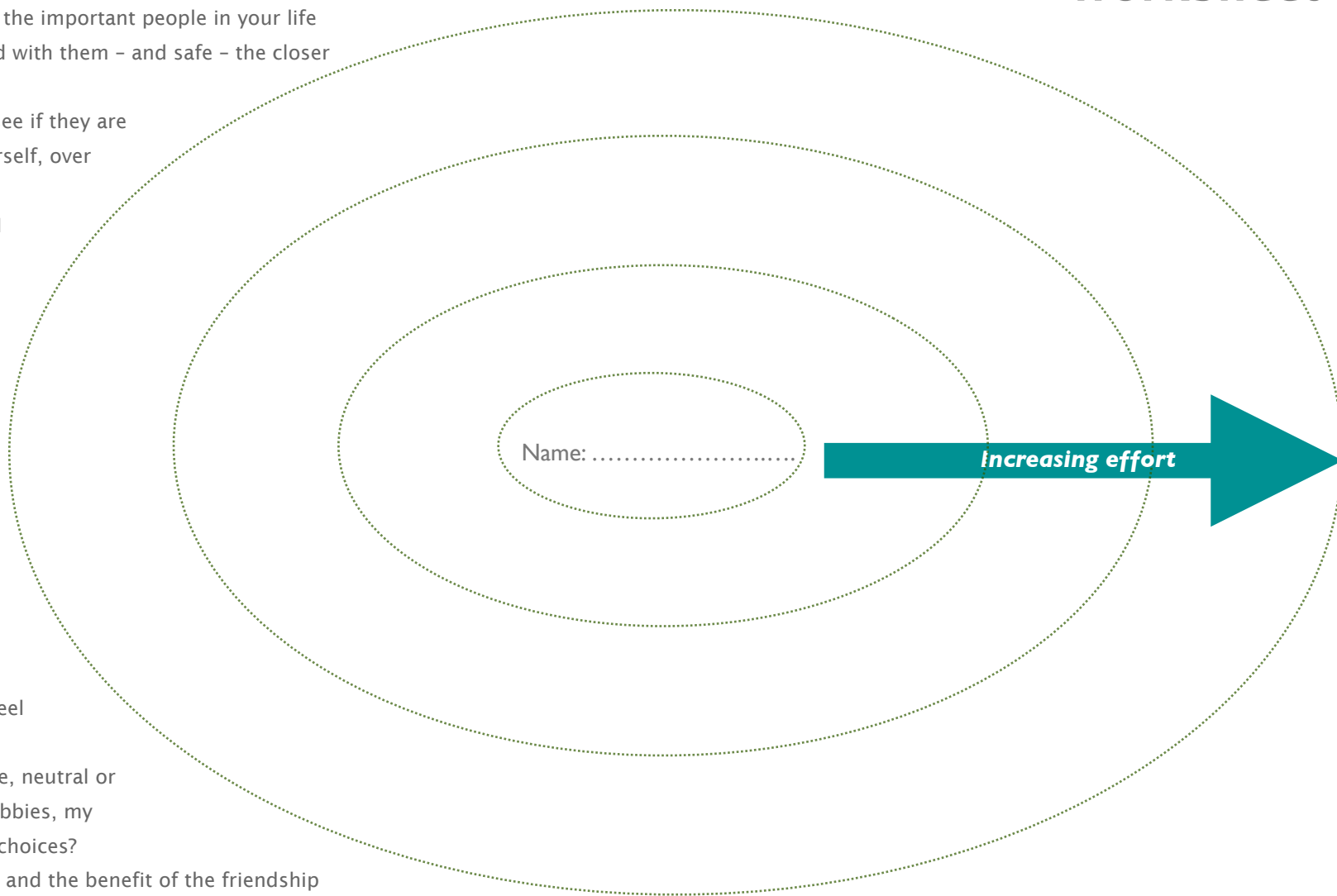
# Explore your Friendships -Worksheet-

## Instructions

Fill in your name in the middle and place the important people in your life around you. The more you feel connected with them – and safe – the closer you let them come.

You put new people on the fringes, and see if they are worthwhile coming nearer by asking yourself, over time, the following questions:

- What percent of my inner thoughts do I share with ...?
- How free do I feel to just be myself (weird/upset/as I am)?
- Is the connection based on a personality click or shared interests?
- How much effort does it cost me to communicate (Do I have to add or ask for extra stepping stones)?
- Do I feel drained, the same or energised after seeing this person?
- Do I tend to fall back in unhelpful dynamics?
- Would I like to see this person when I feel down?
- Does this person make me feel negative, neutral or positive about myself, my ideas, my hobbies, my relationships, parenting style, lifestyle choices?
- Do I feel that the emotional investment and the benefit of the friendship is equal?
- Add questions you think might be helpful.....
- .....
- .....
- .....



**Black and White thinking**  
Neurodiverse people may have a tendency to think in black and white, also about friendships. This exercise can be really helpful to understand the changes in dynamics in friendships over time, and it will help to explore the grey area in between with the help of emotional and intellectual abilities.