

Love Isn't A Transaction

Worksheet For Teens



This worksheet is designed to help you think about times people might do things to try to get others to like them. You should **NEVER** feel like you need to **DO** anything to get people to like or notice you. The right people will love you for who you are. #iamworthy

Think about the last time you wanted to join a new group or make a new friend. Complete the last example and create your own situations to talk about.

Someone You Like Or A Group Someone Might Want To "Join"	Action That Was Taken To Try To Get Noticed	Did It Change Who You Are? (Your Core Values)	Was It Worth It?
"In-crowd" on swim team	They were talking about someone, and I shared something I knew about that person.	Not really.	Yes, the information I shared wasn't personal or hurtful.
I like someone	They like a certain brand of shoes so I bought a pair and wore them to school.	I don't really like that style of shoes because they're uncomfortable.	Kinda, it got their attention, and I rarely wore the shoes after I got to know them more.
Popular kids at school	Joined in teasing of "weaker" kids—especially kids that didn't stick up for themselves.		

Next, answer the following conversation starters.

These conversation starters are about YOU.

Are you aware of situations where you thought you shared a “confidence” only to find out your friend wasn’t true to that promise? How did that feel?

Think about the people in your life that are closest to you. Write down three reasons why you feel you can trust them, and why they can trust you.

How will you know someone is a true friend? Think of at least 5 things.

What draws you to certain types of people? What makes YOU want to be friends with someone?

Who are some “go to” people who can help you in difficult times? Parents, Family Members, Brothers, Sisters, Coaches, Teachers?

If you want to reflect more about what makes a true friend, here’s an article:
<https://www.sweethigh.com/read/how-to-know-if-someone-is-true-friend-022019>