

Student Worksheet

Love isn't a transaction; we don't need to do things to get people to like us.



A note to YOU: This worksheet is designed so you can think about times people might DO things to get others to like them. YOU should NEVER feel like you need to DO something to get people to like or notice you.

Think about the last time you wanted to join a new group or make a new friend. (Yes, it can be a love interest). Use the blank boxes to create your own situations to talk about.

A group someone might want to "join"	Action that was taken to get noticed	Did it change who you are? (your core values for example)	Was it worth it?
In-crowd on swim team	Made it known that I knew something about the person they were talking about.	Not really	Yes, and the information wasn't personal, or hurtful.
I like someone	Bought and wore VANS for school.	Yes, I really am a "sock wearing Adidas shoe lover".	Yes, it worked and after I got to know the person, I rarely had to wear the VANS
Cool Kids	Joined in teasing of "weaker" kids especially the ones that didn't stick up for themselves.		

Next, answer the following conversation starters.

The following 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?

Thinking about the people in your life that are closest to you. Write down three reasons that you can trust them, and 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 for you? Parents, Brothers, Sisters. Coaches, Teachers?

Here’s an article you might like to read about this:

<https://www.sweethigh.com/read/how-to-know-if-someone-is-true-friend-022019>

