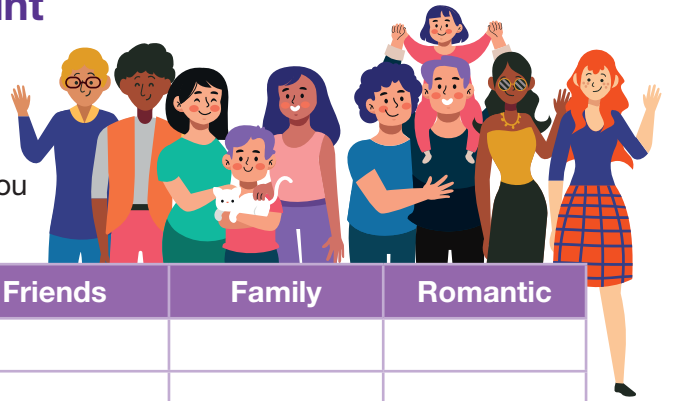


Worksheet – The qualities that count

Tick the appropriate box if you feel that any of the qualities and behaviours listed below are important in friendships, family relationships, and/or romantic/ attraction-based. Add any additional examples that you feel should be included (see boxes 20–23).



	Friends	Family	Romantic
1. They are kind to me.			
2. They are physically attractive.			
3. They are thoughtful.			
4. They dress well.			
5. They are popular.			
6. They say nice things to me and about me.			
7. We have the same hobbies/interests.			
8. They are very honest.			
9. I can trust them to keep a secret.			
10. They make me laugh.			
11. They are sensitive to my feelings.			
12. They are good listeners.			
13. They text/message me every day.			
14. They have all the latest games/clothes.			
15. They stick up for me.			
16. They care about how I feel.			
17. They are patient with me.			
18. They forgive me.			
19. I can be myself with them.			
20.			
21.			
22.			
23.			

List what you think are the three most important qualities or behaviours in all relationships and explain why they are particularly important to you. What does this tell you about your values when it comes to relationships?

- 1.
- 2.
- 3.