**9 Signs of a Toxic Friendship**

Complete the chart (*this is personal*) with the best, most honest assessment of your friendship circle. This assignment is intended to help you explore your relationships, **NOT** to create enemies.

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| **Trait:** | **How it plays out for you:** | **Why it’s toxic:** |
| 1. Friend demands your trust
 |  |  |
| 1. You are rarely encouraged or inspired
 |  |  |
| 1. Your friend mocks others
 |  |  |
| 1. Your friend gossips
 |  |  |
| 1. Your friend is jealous and controlling
 |  |  |
| 1. Your friend is defensive
 |  |  |
| 1. Your friend is always right
 |  |  |
| 1. Your friend lies
 |  |  |
| 1. Your friend is selfish
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**Self-assessment: reflect on your newly found evaluation**

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