

Three Appointments Worksheet

Appointment N.1 Questions: Introduce yourselves to one another. Talk about the following: “How can a healthy friendship boost self-esteem?” Then talk about: “How can an unhealthy friendship lower self-esteem?”	Appointment N.1 Answers:
Appointment N.2 Questions: Talk about the following: “What qualities do you value most in a friendship?” Then talk about: “If you had to choose one of the qualities above as being the most important to you, which would it be and why?”	Appointment N.2 Answers:
Appointment N.3 Questions: Talk about the following: “Why is it important to set boundaries in a friendship?” Then talk about: “What is a boundary you would set in a friendship and why?”	Appointment N.3 Answers: