Please take some time to think about your current relationships and how you'd rate them.

How often are you socializing on a weekly basis? Taking a hard and honest look at these questions will help you decide how you want to modify and improve your relationships. If you feel your relationships are toxic or harmful in any way, you may want to consider discussing this with your healthcare provider and/or consider seeing a psychotherapist to address these issues. You may find it helpful to jot down some notes to the questions below:

How often do I socialize?

I consider these relationships/ friendships as toxic:

I'd describe the quality of my friendships/ relationships as:

How can I improve these relationships/ friendships?