

WHAT'S YOUR FRIENDSHIP QUALITY QUOTIENT (FQQ)? by Dr. Jan Yager*

Consider asking yourself these eight questions about your close or best friendships to assess the quality of the friendship:

1. Do you and your friend communicate—by phone, fax, letters, or e-mail—or get together as often as you and your friend want to?
2. Do you and your friend have fun together?
3. When you and your friend speak on the phone, or get together, do you feel connected and appreciated by your friend?
4. Is this friendship basically reciprocal (rather than one way)?
5. Do you and your friend share the same values on issues that matter to you both or, if you do not, are these value disparities easily overlooked?
6. Do you like this friend?
7. Has this friendship stood the test of time and structural changes such as graduating, moving, getting married, having children, or switching jobs or careers?
8. Is conflict with this friend minimal or, if it does occur, are you able to resolve it without long-term resentment?

If you answered "no" to one or more of the above questions about a particular friendship, it may indicate that you or your friend need to do some work on your relationship.

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