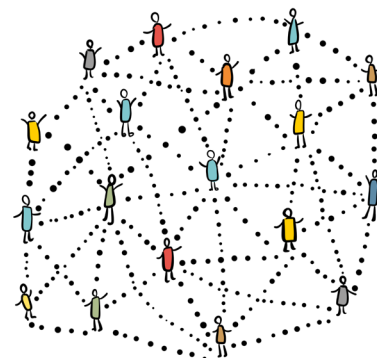


Compatibility Assessment

This fun and totally-not-scientific assessment can help you do a variety of things:

- Be more specific when describing what kind of friend you are
- See how you'd like to grow as a friend (or as a person)
- Articulate what kinds of similarities and differences delight you in friendship
- Pinpoint what might be the problem when something feels "off" in a friendship



All of these compatibility types exist on a spectrum — grab a pen or pencil and mark where you fall on each spectrum. You can also mark where you think your ideal friend would fall on the spectrum. Don't think too hard about it, go with what your gut tells you. There's no right or wrong answers. Feel free to print or photocopy extra sheets and fill them out with your friends, then compare your answers to see where you match and where you diverge. Have fun :)

Communication Style

Mellow	_____	Effusive
Guarded	_____	Unfiltered
Formal	_____	Informal
Passive	_____	Blunt

Body Language / Nonverbal Communication

Um, don't touch me	_____	Cuddle puddle
Eye contact is awkward	_____	Eye gazing is awesome
Is still as a stone	_____	Is wiggling right now
Poker face	_____	Heart on sleeve

Keeping in Touch

Texts back in 2 weeks	_____	Texts back immediately
“What’s a stamp?”	_____	“I sent you a letter”
Refuses to talk on phone	_____	Loves long phone calls
Gouged out webcam	_____	“Wanna Facetime?”

Lifestyle

“Nama’s stay on the couch”	_____	“Let’s go climb a mountain”
“Animals are kinda creepy”	_____	“I’m at least 50% wolf”
“Let’s party like a library at midnight”	_____	“Let’s start partying at midnight”
“Let’s have tea and cookies together”	_____	“Let’s get kicked out of the club together”

Frequency / Scheduling

“I’ll be free in August”	_____	“I’m free right now”
Flakes on friends daily	_____	Would cancel surgery to see a friend
“Let’s meet up every few months”	_____	“Let’s meet up every few days”
“What are you doing next year?”	_____	“What are you doing tomorrow?”

Friend Circles

2-3 close
friends, max

935+ 'close'
friends

"Let's just hang
out 1-on-1"

"The more
the merrier!"

"Being opposites
is annoying"

"Being opposites
is exciting"

Caring / Commitment

Friends come
and go, it's fine

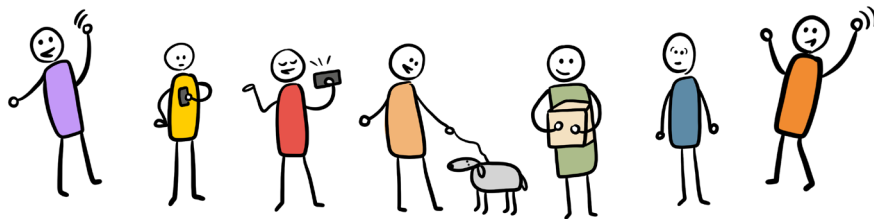
Friends are my
actual family

"Want some
gum?"

"Need a
kidney?"

"I've got
a really
good excuse"

"I've got
your back no
matter what"



This is obviously just for fun but I hope that reflecting on what kind of friend you are helps you see some ways that you could cultivate more compatibility and connection in your friendships. Maybe it also helped you identify some of the traits that you appreciate in your friends, too—if so, now would be a great time to tell them.

For more resources and ideas, check out weshouldgettogether.com/seedsofconnection

Cheers!

Kat