

Welcome to the 'Friendship Inventory' of Practical Friendship. This is the companion form for the friendship personality test linked to on <http://personalitytest.practicalfriendship.com> (for which you find the QR code in the bottom right to access with your smart phone).

The system is still under development. It is likely that emphasis and nuances of individual properties and attributes will change over the next years. It is recommended to enter the values with a pencil after the self assessment, in order to adjust them after explicit feedback from friends, who did the survey with you as the 'study object'. The recommended sequence is as follows:

1. You take the self assessment from the aggregate view of your three closest friends. This will most likely take about 15 min as it requires a bit of thinking and asks you to imagine how your friends think about you as a friend. It is designed to give you a first glance at your key strengths, relationship attitudes and activity preferences.
This fills the first sheet of the Friendship Inventory.
2. You take the 'for a friend' assessment repeatedly for your 5-10 best and close friends, as you see fit. After the first 'run' you will have no difficulty in completing a go in about 6-8 minutes, as you just react on impulse. You can even just allocate them initially into the form with pencil without having taken the test. The test will most likely not be surprising for the main role your friends already perform. The added value of going through the application of the test is discovering which other roles your friends also fulfil for you without you noticing and appreciating it as much as you might like to.
3. You review your 'Essentials – my company of heroes' and your 'Social circle' to see if there is any friend that is still missing.
4. For all your friends you fill in one line in the friendship plan (in pencil), guessing your role for them (i.e. how you help them most) and in the coming year making plans how you can prioritise this.
5. Not immediately, but over time you let your friends know what you appreciate about them. Practicing gratitude and appreciation is a minor but wonderfully warm practice in friendships.
6. As your friends as well take the test, you might also get feedback. Some of them in the spur in the moment might even share the test properties with you. You can use this feedback to adjust your overview of strengths, relationship attitudes and activities.

Explanations of items all to be found on the website www.practicalfriendship.com. This website will grow with recommendations for reading, activities and as resource set for this toolset.

Please feel free to reach out to me at Christian [at] practicalfriendship.com for feedback and further comments. And whilst I am not asking for money, if you feel this tool has helped you, I would like to ask you to go to <https://www.givewell.org/charities/top-charities> and take your pick for a donation.



Many thanks,

Christian

Personal Inventory

Strengths	Relationship Attitudes	Activity preferences
Patience and Peace	Benevolence	Dirt time and hangout
Positivity	Consideration of friends needs	Work or pursue interest tog.
Proactiveness	Pride in friends	Allowing Expression of Self
Humility / Interest in Others	Trust and confidentiality	Encouragement and Challenge
Social Ease and Connectability	Value of time spent, Loyalty	Expansion and Discovery
Fun and Humour	Mutual Beliefs	Guidance / Giving Direction
Energy and Determination	Relationship Values	Practical Help
Honesty and Integrity	Mutual Interests	Standing by / Moral Support
Reliability and Consistency	Deep Understanding	Has your back, vocal support
Acceptance and Tolerance	Reciprocity – being needed	Effect change and growth
Kindness and Warmth	Openness and vulnerability	Generosity and Gifts
Intelligence and Curiosity	Love, Affection and Gratitude	Teaching and Learning
General 'Good Personality'	Enjoyment	Bonding in a circle

My key Friendship Types

(Ways in which I benefit my friends)

Type 1	Score	Type 2	Score	Type 3	Score

It is vital to be noted that these are not the only ways in which you can or do do good and meaningful things for your friends. It is just an indication what you are best at, and what your friends most value in you. There is no reason that in the right (or wrong) moment, with the right attitude and a bit of practicing other roles will come to you. Thus even if you are a clown by nature, there may be the situation when a close friend of yours is deeply sad and your clown qualities are not needed, and you just have to sit there and listen quietly like it or not.



These fields should likewise be filled out first with pencil according to intuition and gut feeling, but better after the dedicated usage of the questionnaire on practicalfriendship.com. The benefit is the suggestion of further Friendship Types for your existing friends and showing you that both your essential and social circle are more complete than you might be imagining.

The Essentials - my company of heroes

Role	Primary	Secondary
The Best Friend		
The Coach		
The Partner in Crime		
The Clown		
The Mind opener		
The Mentor		
The Mom		
The Dad		

My Social Circle

Role	Primary	Secondary
The Cheerleader		
The Rust Friend		
The Connector		
The Daredevil		
The Neighbour		
The Younger Sister/Brother		
The Saint and Idol		
The Work Pal		
The Discussant		
The best friends Partner		
The Single Friend		
The Running Mate		

The Friendship Plan v0.3

This form is to provide an individual overview how you are good for your friends. You can generate this via the self assessment or better via direct feedback after your friends filled out the friend's assessment and tell you the roles they appreciate you most for. The link to the Friendship Personality Test and Explanations of items all to be found on www.practicalfriendship.com. "Comm" is the preferred way of arranging the next meeting/activity.

Name You can use Initials only	Their Role (for you)	My Role I (for them)	My Role II (for them)	Activity I (to meet their needs)	Activity II (to meet their needs)	Comm preferred