Friendships – Self-Discovery

* Have you ever seen a product that you thought was going to be really cool, but then were disappointed when you used it?
* Have you ever been to the grocery store and bought a food item that you thought was going to be really good because of the way it was packaged, but once you opened the package, you thought it was gross?
* Have you ever seen a commercial for a medication that promises to make your life better, but at the end lists a tonne of side effects?

For this exercise, you will make a personal commercial about yourself. Write a paragraph about why someone would want to be friends with you. Say what is so awesome about you that the person should be friends with you. For example:

*I am a good listener, funny, organized, have a great sense of humour, am good at sports, am fun to go to the movies with.*

Write your answer here:

Now write down the ‘fine print’. This means that you have to be honest and include the not-so-nice parts about you that you may need to work on to make more lasting friendships. The fine print might look something like this:

*I sometimes make jokes at a friend’s expense; I like to be the centre of attention and will ditch my friends quickly if I get a boyfriend/girlfriend.*

Write your fine print here:

What did you learn from this activity?

How can you use what you have learned to improve your friendships?