

Hack 1 - Healthy Friendships Quiz

Note: Some questions may have more than one correct answer

- 1. What are the potential problems of having unhealthy friendships?**
 - a) Increased self-esteem
 - b) Decreased stress.
 - c) Negative peer pressure.
 - d) Feeling unhappy.
- 2. Which of the following will help you make good friends?**
 - a) Make yourself extra friendly and cool.
 - b) Be trustworthy.
 - c) Try to only pick potential friends who are similar to you.
 - d) Buy nosh for potential friends so you will be more popular.
- 3. What is the main purpose of using your instinct to identify healthy friendships?**
 - a) To make you suspicious of everyone.
 - b) To help you find friends who are good for you.
 - c) To warn you about potentially negative friends.
 - d) To make you overly critical of your friends.
- 4. When it comes to unhealthy friendship types, what is a sign of a friend who is a stressor?**
 - a) Someone who makes you laugh and have fun.
 - b) Someone who causes you to feel tense and uncomfortable.
 - c) Someone who listens and is very supportive.
 - d) Someone who is always agreeing with you.

5. How can comparing yourself less help you overcome jealousy?
 - a) By reducing your focusing on others and what they have over you.
 - b) It allows you to concentrate more on what YOU have.
 - c) It doesn't.
 - d) By focusing on your negative aspects.
6. Which strategy could you use to manage jealousy in friendships?
 - a) Talking negatively about your friends.
 - b) Sharing your jealous feelings with someone you trust.
 - c) Understanding your feelings.
 - d) Ignoring your feelings.
7. What are some signs of someone experiencing jealousy in a friendship?
 - a) Complimenting their friends.
 - b) Encouraging their friends' successes.
 - c) Feeling resentful of their friends' achievements.
 - d) Supporting their friends' goals.
8. What qualities should a person have to make friends?
 - a) Be okay if there are arguments.
 - b) Be willing to lie when necessary.
 - c) Be open-minded and non-judgmental.
 - d) Be patient.
9. What are some common confidence traps?
 - a) Over-analyzing the conversation.
 - b) Trying to work out what the other person is thinking.
 - c) Making sure that there is no silence in the conversation.
 - d) Staying away from people; it's less stressful.
10. Which one of these is an unhealthy friendship type?
 - a) The volcano.
 - b) The earthquake.
 - c) The coffee machine.
 - d) The user.

Answers

1. C, D
2. B
3. B, C
4. B
5. A, B
6. B, C
7. C
8. A, C, D
9. A, B, C
10. A, D