

Get Out of Your Man-Cave
The Crisis of Male Friendship
and Turning Good Friends into GodBuddies
by Rich Gorecki

Relationship Self-Assessment

Answer the following questions to reveal more about your desires for deeper friendships.

	Strongly Disagree			Strongly Agree	
I find it easy to make new friends.	1	2	3	4	5
I currently have 2 or more people who I consider VERY CLOSE friends.	1	2	3	4	5
I enjoy large groups over being alone.	1	2	3	4	5
I work hard to hold onto friendships from my past.	1	2	3	4	5
I get together frequently with my current friends just to hang-out.	1	2	3	4	5
I tend to reach out to my friends first, rather than waiting for them to contact me.	1	2	3	4	5
Conversations with my friends go beyond news, weather, sports, or politics.	1	2	3	4	5
I'm comfortable sharing some of my personal feelings or details about my health and well-being with my friends.	1	2	3	4	5
I will ask friends for advice in areas in which I do not have expertise or experience.	1	2	3	4	5
When I am stressed out or lonely, I will call someone to cheer me up.	1	2	3	4	5