

# FOSTER RELATIONSHIPS



MOUVEMENT  
SANTÉ MENTALE  
QUÉBEC



Promouvoir. Soutenir. Outiller.

## AN EXERCISE AND REFLECTION **WORKBOOK**

**Friendships? Now those feel good!**

Taking care of our mental health is just as important as caring for our physical health. Mouvement Santé mentale Québec has 7 tips to help maintain our mental health (<https://mouvementsmq.ca/campagnes/7-astuces/>).

FOSTERING RELATIONSHIPS is one of these tips.

Having friendships helps us develop our self-esteem, autonomy, empathy, loyalty, mutual respect, and so much more.

## Building Relationships

It's not always easy to make friends. Out of the following list, which have you tried when developing friendships?

- I approach others and show interest in them.
- I share projects, activities and commitments.
- I take interest in others: I ask questions, listen to their answers, and get to know them.

## Questioning Certain Friendships

Sometimes, we can call certain friendships into question when they aren't beneficial anymore or when we don't feel good in the relationship. Answering the following questions can help you identify what's working or not working in a friendship.

- What do I like about this relationship?
- Do I feel cared for and respected in this relationship? Do I feel good?
- Are there things about this relationship that don't make me feel good?
- Do I feel energized or drained after seeing the other person?
- Can I say "no" when I disagree with them?

You can ask questions and get support from the following organizations if you would like to talk about it more.

- Tel-Jeunes: 1-800-263-2266.  
Online: <https://www.teljeunes.com/Home>
- Kids Help Phone: 1-800-668-6868.  
Online: <https://kidshelpphone.ca/>

## How are things going with your friends?

Select YES or NO	YES	NO
Do you respect each other?	<input type="checkbox"/>	<input type="checkbox"/>
Do you recognize each other's strengths?	<input type="checkbox"/>	<input type="checkbox"/>
Is your relationship one of equals?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel like you can be yourself around them?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have fun together?	<input type="checkbox"/>	<input type="checkbox"/>
Do you help each other?	<input type="checkbox"/>	<input type="checkbox"/>
Do you protect each other?	<input type="checkbox"/>	<input type="checkbox"/>
Do you listen to one another?	<input type="checkbox"/>	<input type="checkbox"/>

**If you've checked YES more times than NO**



**If you've checked NO more times than YES**



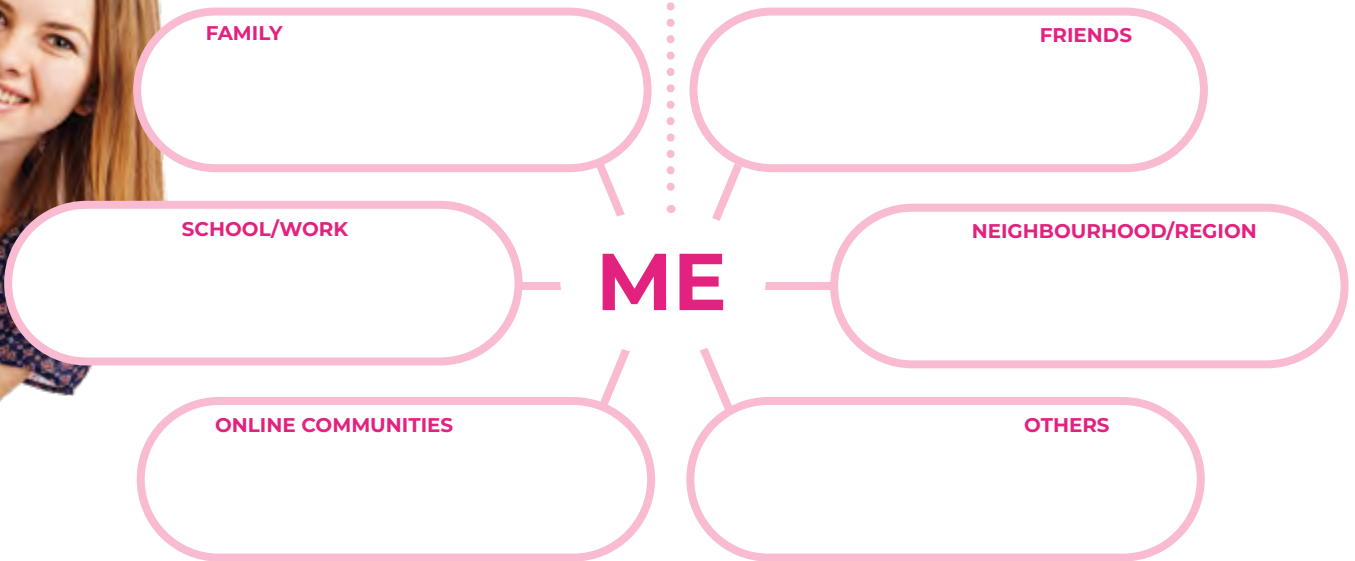
You must feel cared for by your friends.

What could you do to build friendships that make you feel good?

Inspired by: <https://kidshelpphone.ca/get-info/making-friends-how-build-friendships/>

## Do you have a good support system? Networks take building.

Everyone feels alone sometimes. In the boxes below, write the names of **people, groups** or **organizations** that are there for you to provide support or with whom you feel a sense of belonging. You don't have to write names in every box. Quality is more important than quantity when it comes to relationships. Take a moment to examine and appreciate your network: does it look the way you'd like it to? Would you like to have more connections? Fewer connections? Different ones? Networks are things that get built—and they represent the people that build them.



Inspired by: <https://kidshelpphone.ca/get-info/how-to-map-out-your-community-of-support/>

## The Authenticity Scale

This exercise can help you see where you're at in your journey of self-discovery. Please read the 12 statements below, with which you may or may not identify. Circle the number that best describes how you feel about each statement.

1 = This does not describe me at all.  
2 = I almost never feel this way.  
3 = I rarely feel this way.  
4 = I sometimes feel this way.

5 = I often feel this way.  
6 = I almost always feel this way.  
7 = This describes me very well.

- A** I think it is better to be yourself than to be popular.
- B** I don't know how I really feel inside.
- C** I am strongly influenced by the opinions of others.
- D** I usually do what other people tell me to do.
- E** I always feel I need to do what others expect me to do.
- F** Other people have a lot of influence over me.
- G** I feel as though I don't know myself very well.
- H** I always stand by what I believe in.
- I** I am true to myself in most situations.
- J** I feel out of touch with the "real me."
- K** I live according to my values and beliefs.
- L** I feel alienated from myself.



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### Calculate Your Results

#### Authentic Living

Add your points from questions **A, H, I** and **K**.

Score: /28

**The higher the result**, the more authentic you are.

Your behaviour is compatible with the "real you."

#### Self-Alignment

Add your points from questions **B, G, J** and **L**.

Score: /28

**The lower the result**, the better you know yourself. You're aligned with who you are, and you go after what is important to you.

#### Outside Influence

Add your points from questions **C, D, E** and **F**.

Score: /28

**The lower the result**, the less likely you are to be influenced by others' opinions. You stand by what you believe in.

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## Conclusion

When we feel like we know ourselves and are living authentically by being aligned with who we are, we're less likely to change ourselves to meet others' expectations. It can feel like we're getting more out of life, and we can feel better on a psychological level. Regardless of your results, don't forget that it takes an entire lifetime to get to know ourselves. Our life experiences help us get there bit by bit, one day at a time!

Inspired by: Grégoire, S., Baron, L., Ménard, J. & Lachance, L. (2014). "The Authenticity Scale: Psychometric Properties of a French Translation and Exploration of Its Relationships with Personality and Well-Being", Canadian Journal of Behavioural Science/Revue canadienne des sciences du comportement, 46 (3), 346-355.

### QUICK REMINDER for Virtual Communication

Stick me on your computer!



#### There's a person behind the screen!

- Don't forget that there's a real person behind every screen.
- The same rules of polite society apply online: show respect and care and be careful not to cause harm.
- Words can be just as hurtful as physical harm.
- We shouldn't say anything online that we wouldn't be comfortable saying in person.
- The things you post on social media might be discoverable forever, even if you delete them.

#### What do these emojis mean?



It's not always easy to understand what other people mean, especially when we can't see their faces or hear the tone of their voices.

If you're not sure, it's better to ask "Could you explain what you mean?", instead of making assumptions. We always understand each other better when we communicate!

