

## Friendships and Opinions of Yourself and Others

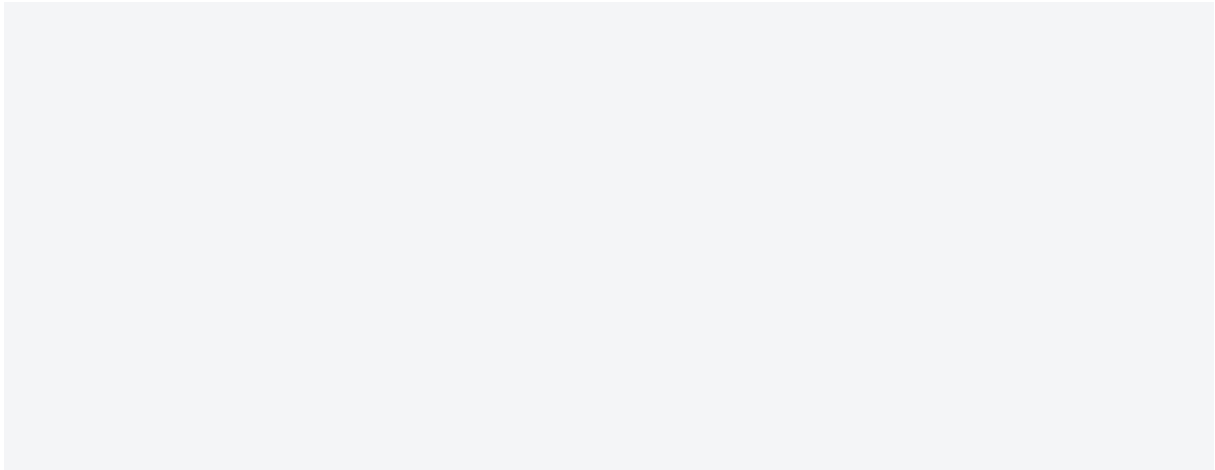
Our attachment styles, including how we see ourselves and our opinion of others, can impact how we face social situations, make friends, and interact with them.

Use the following worksheet to understand the factors that impact friendships.

	List opinions of yourself that you believe impact your relationships	List opinions of others that you believe impacts your relationships
Positive opinions		
Negative opinions		

Which negative opinion of yourself do you think impacts your relationships most? And why?

Which negative opinion of others do you think impacts your relationships most? And why?



Finally, think about how changing these negative opinions and focusing more on the positives could transform your relationships.

Dr. Jeremy Sutton