

Emotions Personality Quiz

How good a friend are you?

Read each situation and decide how you would react.

- 1** You and your friend both enter a competition. You believe your entry is better, but your friend gets first prize. How do you feel?
 - a** Jealous. Your entry was clearly better.
 - b** A bit disappointed. You were so sure you'd do better.
 - c** Overjoyed. Your friend deserved to win.
- 2** Your friend borrowed your mobile phone and then lost it. How do you feel?
 - a** A bit annoyed. She really should take more care of things.
 - b** Furious. How dare she take so little care of your property?
 - c** Not very upset. Everybody loses things sometimes.
- 3** Your friend tells you your clothes look awful. How do you feel?
 - a** Embarrassed. You thought they looked okay.
 - b** Delighted that your friend is honest with you.
 - c** Annoyed. Why can't she keep her opinions to herself?
- 4** Your friend has been ignoring you lately. How do you feel?
 - a** Confused. There seemed to be no reason for it.
 - b** Upset. Life just isn't as good without him.
 - c** Annoyed. He never pays attention to people's feelings.

- 5** Your friend has to visit her grandmother in hospital, so can't come out shopping with you. How do you feel?
 - a** Worried. You really like your friend's granny and hope she's alright.
 - b** Disappointed. You were looking forward to your day out.
 - c** Annoyed. Why does her grandmother have to keep ruining things?
- 6** Your friend has been putting on a lot of weight recently. How do you feel?
 - a** Embarrassed. It's no fun walking around with a fat person.
 - b** Worried. Something must be wrong for her to be overeating.
 - c** You're just delighted that she's your friend.
- 7** Your friend has a date with someone you've liked for a long time. How do you feel?
 - a** Jealous. It's not fair how your friend always gets lucky.
 - b** Upset and disappointed about the way your friend has treated you.
 - c** Overjoyed. Your friend has a date and you're glad your friend is happy.
- 8** Your friend is going to a film premiere and is going to meet a famous actor. How do you feel?
 - a** Disappointed that your friend didn't think to invite you.
 - b** Jealous. You've always wanted to meet this actor.
 - c** Excited. Your friend is going to have such a great time!

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Emotions Personality Answer Key

How good a friend are you?

Find out your score below.

1 a 0
b e
c 5

3 a 3
b 5
c 0

5 a 5
b 3
c 0

7 a 3
b 0
c 5

2 a 3
b 0
c 5

4 a 5
b 3
c 0

6 a 0
b 3
c 5

8 a 0
b 3
c 5

Now add up your scores to find out how good you are as a friend.

0–10 Oh dear. It seems that you're not much of a friend. Stop putting yourself first and think of your friend's feelings every once in a while.

10–20 Your relationship with your friends is not bad, but your friends would probably enjoy your company more if you weren't annoyed so easily.

20–30 You're a great friend to have. You're ready to celebrate the good times and sympathise at bad times.

30–40 You're a wonderful friend but are you too good? Don't let your friends walk all over you and take you for granted.