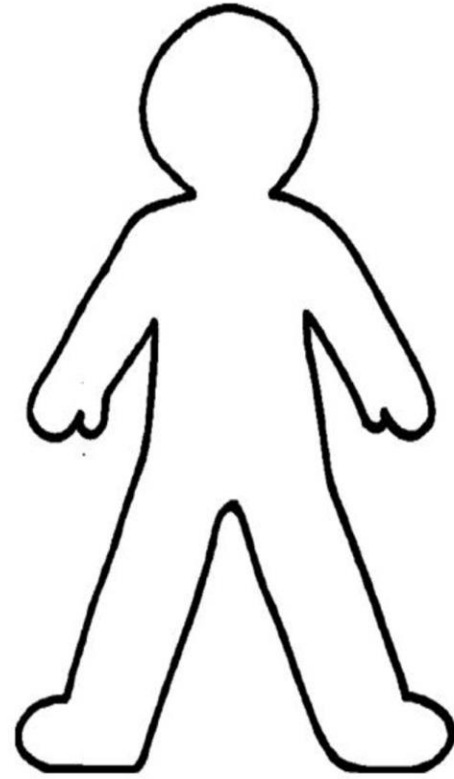Blue Friend Red Friend

Blue Friend

Blue Friend

Make you **feel good** about yourself

Kind to you when you're upset
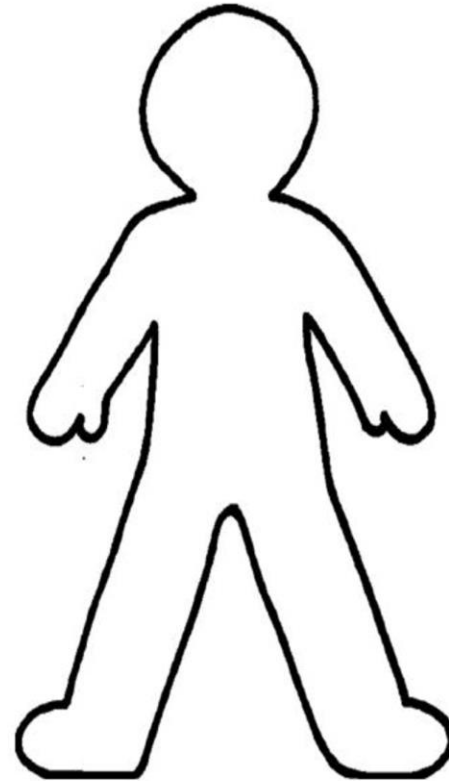
Honest and trustworthy

Funny – cheers you up, makes good jokes, has a laugh, enjoys the same kinds of things as you do

Will **apologise** when they make a mistake or hurt you – and then won't go and do the same thing again

Encouraging

Brave

Has your back – doesn't talk about you behind your back, will defend you when someone is mean to you, sticks up for you

Will **accept** that you also make mistakes and forgive you for that. They will call you out when you're wrong

Likes your friends and family – gets on with them, doesn't put them down or make you feel bad about spending time with them

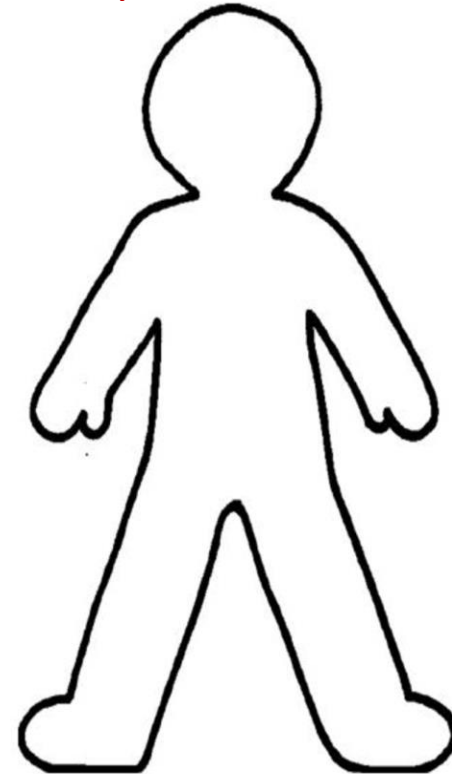They **praise** you when you did something well – even if you did better than they did.

Red Friend

Says **mean** things to you that make you feel bad about yourself

Never stick up for you

See the **bad** in everything and everyone

If you've not done as well as you'd hoped in a test or competition, they will make fun of you or **criticise** you or blame you for not trying harder

Keep you thinking or talking about the bad thing and if you try and change the subject, they come back to it

When you've done something well they criticise you and make you **feel bad**

Quick to **judge** your friends or family – or they say your friends don't really like you

Never apologise for being mean

Hold a **grudge** – keep casting stuff up from ages ago

Are you a
Blue Friend?
Or are you a
Red Friend?

Are you a
Blue Friend?
Or are you a
Red Friend?
To yourself?

Notice how you speak to yourself when:

♥ you feel you could have done something better.
♥ you don't feel you are able to do something.
♥ You feel insecure about friends and family and relationships
♥ You have done something wrong and hurt someone

♥ Are you being supportive, loving, encouraging, forgiving, kind, fun?
♥ Or
♥ Are you being critical, judgey, mean and just making yourself feel bad?

♥ Be a blue friend to yourself