

Friendship Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

Think about contact with friends during the past four weeks. Every question is optional. Do not name or rate another person. Answers will help plan optional opportunities to connect, and choosing no activity is welcome.

1. During the past four weeks, how often did you have a conversation with a friend that felt worthwhile to you?

- ☐ Not at all
- ☐ Once
- ☐ A few times
- ☐ About weekly
- ☐ Several times a week
- ☐ Not sure
- ☐ Prefer not to answer

2. Which way of staying in touch worked best for you recently?

- ☐ Meeting in person
- ☐ A phone call
- ☐ A video call
- ☐ Text or direct messages
- ☐ A group conversation
- ☐ Another way
- ☐ None at this time

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3. What most often made it hard to spend time with friends?

- ☐ Different schedules
- ☐ Distance or travel
- ☐ Cost
- ☐ Work or care responsibilities
- ☐ Not knowing how to initiate plans
- ☐ A different reason
- ☐ Nothing made it difficult
- ☐ Prefer not to answer

4. Which shared activity would you most like to try in the next month?

- ☐ A walk or outdoor visit
- ☐ A meal or coffee
- ☐ A game or shared hobby
- ☐ A short online catch-up
- ☐ A local cultural activity
- ☐ Another activity
- ☐ No group activity at this time

5. What size of gathering would feel most comfortable for that activity?

- ☐ One other person
- ☐ A small group of three to five
- ☐ A larger group
- ☐ It depends on the activity
- ☐ No preference
- ☐ Not applicable

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6. How far ahead do you usually prefer to arrange time together?

- ☐ The same day
- ☐ A day or two ahead
- ☐ About a week ahead
- ☐ More than a week ahead
- ☐ It varies
- ☐ Not applicable

7. What would make the next opportunity to connect more worthwhile for you?
