

Connected Quiz

How socially connected are you and your family?

I am close to my family.

- Not true at all
- Sometimes True
- Very True

I feel strongly connected to my friends.

- Not true at all
- Sometimes True
- Very True

I have people that I can talk to about the tough stuff.

- Not true at all
- Sometimes True
- Very True

I am there for my friends.

- Not true at all
- Sometimes True
- Very True

My friends treat me well.

- Not true at all
- Sometimes True
- Very True

Improvement Tip

Make sure you keep investing in your good connections. Think about someone who you already know a little but would like to get to know better. Look for ways to strengthen your connection.

You don't need hundreds of friends to feel happy. It's about quality, not quantity. Psychologists suggest that if you have at least 3 friends or family members that are REAL connections, then you have a solid foundation to build happiness.