

# Are You the Boring Friend?

BY JESSICA KNOLL



1

**You're hanging out at a bar on karaoke night. What are you doing?**

**a.** You're on stage, killing it softly.

**b.** Trying to convince your friend to do a Salt-n-Pepa rap duet with you. It would totally turn heads!

**c.** Wouldn't happen—you're not a big karaoke fan.



2

**It's Thursday afternoon. What do you and your friends have on tap for the weekend so far?**

**a.** A reggae brunch, a live-fish pedicure, and a "just because" party, all planned by yours truly, of course.

**b.** You put a few feelers out to friends, but you haven't committed to anything yet.

**c.** You haven't heard from your friends yet, so you're not sure.



3

**What does your Instagram profile look like?**

**a.** Lots of pics of every party you go to and every couch you and your posse dance on.

**b.** Images of nature and cool buildings—you're an observer.

**c.** Shots of the new shoes you bought and the occasional group pic of you and your friends.



4

**You have tickets to a comedy show, and your friend cancels. Your move?**

**a.** Text your friends to find a replacement.

**b.** Bail too. You have an episode of *Wives With Knives* on your DVR anyway.

**c.** Go by yourself. It will make a killer Facebook post.



5

**What is your presence like on the e-mail chain you have with your friends?**

**a.** You created it, so you keep it going with personal anecdotes, funny YouTube videos, and links to reviews of restaurants to try.

**b.** You chime in if you have a story worth sharing.

**c.** Minimal—you only respond when asked a direct question.



## The Breakdown

### 0 to 3 Points **Hey, Wanna Be Friends?**

You're a blast in a glass, but you don't feel the need to yammer everyone's ear off about what a crazy, adventurous chick you are—thanks for that. "If you have an introverted friend, ask her about herself to get her to open up," says Andrea Bonior, PhD, author of *The Friendship Fix*. Likewise, if you're friends with a party animal, show her the beauty of a quiet dinner and great conversation.

### 4 to 7 Points **The Pitfalls of Being a Wallflower**

It wouldn't kill you to step on the karaoke stage and out of your comfort zone every once in a while. "Look at your more vivacious friends as role models," Bonior says. "Tell them to give you a little nudge at a party if they see you staring into your drink." Also, don't take such a backseat that you never plan anything—it can make you appear apathetic about your friendships.

### 8 to 10 Points **Maybe Be a Little More Boring?**

You're the life of the party—on steroids. While you're up for anything and have a memoir's worth of wild experiences to share over brunch, you don't want to veer into obnoxious territory. So no need to post about every "exciting" moment of your life or plan everyone's weekend. The key to being the fun friend, not the crazy friend? After you tell your story or plan your party, sit back and let others do the same.

SCORING: 1. a-0, b-2, c-1; 2. a-2, b-0, c-1; 3. a-2, b-1, c-0; 4. a-0, b-1, c-0; 5. a-2, b-0, c-1