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Keeping Friendships Healthy

- ❖ Schedule in time for friends-in the world of planning and scheduling, don't forget your friends!
- ❖ Set boundaries and respect-It's okay to say "no". Set boundaries early on to avoid negative expectations.
- ❖ Agree to disagree-everyone is different, and so are our friends. It's okay to have different opinions.
- ❖ Avoid unhealthy competition-healthy competition is good and fun, but when it gets competitive and serious, re-evaluate priorities.
- ❖ Build trust in stages-Friendships take time, be patient and gradually increase trust as the friendship develops.
- ❖ Be forgiving-nobody is perfect, and we all make mistakes, even our friends.
- ❖ Be supportive and listen-Everybody needs someone to listen to them, be that friend (with boundaries!)
- ❖ Keep tabs on life events and celebrate! Pay attention to what is going on in your friend's life and find time to celebrate with your friend.
- ❖ Avoid drama-it's so easy to get caught up in that "he said-she said" talk, but stay away from drama.

"The only way to have a friend is to be one."-Ralph Emerson