YELLOW IS THE COLOR OF FRIENDSHIP

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Sometimes me think, 'What is a friend?' And then me say, friend is someone to share the last cookie with.

FRIENDS
IGHT FOR YOU
ESPECT YOU
CLUDE YOU
OURAGE YOU
ED YOU
ERVE YOU
ND BY YOU
WHAT IS A FRIEND

The dictionary definition of friend is a person who you like and enjoy being with.

LD MERRIAM-WEBSTER.

But we all know that there is a little more to it than that.

IN A NUTSHELL,

A friend is a person you know well and regard with affection, trust, and respect.
TYPES

ACQUAINTANCES

★ People with whom you are not particularly close to.
★ People who you know only slightly.
★ People you know just enough to nod at.

FRIENDS

★ People who you know well and trust.
★ People you can easily talk to without any awkward small talk.
★ People you feel comfortable around and care for.
CLOSE FRIENDS

★ People you know extremely well.
★ People you can share your secrets with.
★ People you love and who love you.
★ People you trust and are completely honest with.
★ People with whom you closely share your life with.
WHAT A HEALTHY...

★ HEALTHY FRIENDSHIPS ARE BASED ON MUTUAL RESPECT.
★ HEALTHY FRIENDSHIPS ALLOW EACH OTHER TO GROW AND CHANGE.

"We'll be Friends Forever, won't we, Pooh?" asked Piglet.
"Even longer," Pooh answered.
Friendship looks like

▶ A good, close friendship
should include...

♥ Honesty
♥ Joy
♥ Trust
♥ Loyalty
♥ Respect

♥ LOVE ♥

We'll be friends
'til we're old & senile
... then we'll be
new friends!
In unhealthy friendships people ridicule one another, gossip or spread rumors, or act mean to one another.

Unhealthy friendships are threatened when one person grows or changes.

How can you tell weeds from flowers?
Unhealthy Friendship

1. You give and all they do is take.

2. Manipulation lacks an equal balance.

3. You become the care taker of the friendship.

4. They do not support you.
   A little fun teasing is usually welcome among friends, but anything past that such as snarky comments or put-downs can lead to a decrease in your emotional health.

5. You can't trust them. They consistently lie to you or share your secrets.

6. They are consistently disappointing you or flaking out on plans. You can't rely on them.

7. They don't respect your family or other people you spend time with.

8. They want a romantic relationship with you, but you don't, and this makes you too uncomfortable.
How to Deal with Unhealthy Friends

★ Address the issue and talk to your friend! They may not be aware of how you feel.

1. Suggest a time to talk and express to them how you are feeling. Be open with each other. A true friend will listen and try to understand.

2. Allow your friend to also express their feelings and concerns.

3. After having a talk, give your friend time to change.

4. Kindly mention or point out to your friend if they do something that hurts you that they may not be aware of.
WITH AN

5. A TRUE FRIEND WILL TRY TO HELP WORK OUT ANY PROBLEMS, JUST GIVE THEM SOME TIME.

6. IF YOU ARE MET WITH DENIAL OR CRITICISM FROM YOUR FRIEND AFTER TALKING, THEN MAYBE THEY AREN'T A FRIEND FOR YOU.

LET THEM GO THEIR OWN WAY.
ALLOW YOURSELF TO MOVE ON.
How To Move On From An

Some friends may just not be the right friends for you even after trying to change your relationship.

This is when it is time to move on and let that person out of your life.

Many people will walk in and out of your life, but only true friends will leave footprints in your heart.
UNCHANGEABLE UNHEALTHY FRIENDSHIP

★ Surround yourself with friends that truly love and respect you and whom you trust.

★ Be friendly and talk to some people you usually wouldn't talk to but want to get to know better.

▷ It is always good to bring new people into your life.

Note: You don't have to completely shut out your old friend from your life, but let there be some space so you can clear your mind.
TIPS FOR MAKING NEW FRIENDS:

- Be friendly and helpful to other people.
- Reach out to acquaintances.
- Get to know your friends' friends.
- Be open.
  - Open minded, open your heart.
- Connect and be genuine.
- Be yourself.
"The Glory of Friendship"

BY RALPH WALDO EMERSON

The glory of friendship is not in the outstretched hand,
nor the kindly smile nor the joy of companionship;
it is the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him.
Bibliography


