How to Be a Good Friend
Be kind.
You will never regret being kind.

Set an example with your kindness.

Be of service.

Look for opportunities to be kind.

Share your talents, gifts, and blessings.

Appreciate and grow the goodness in you.
Make the time to be with your friend.

Communicate

Speak to be understood.

Don’t make assumptions.

When you do make assumptions, which is inevitable, be mindful of them.

Listen.
Turning to friends for emotional support occasionally is okay, but not as the basis for friendship.

Don’t use your friends as therapists.

Turn to your friends in times of need but...

Taking care of yourself makes you better able to care for others.

Turning to friends for emotional support occasionally is okay, but not as the basis for friendship.

Be there for your friends when they need you.

Take care of yourself mentally, physically, emotionally & spiritually.
When you disagree with your friend, begin with yourself. What is your part?

Hold yourself responsible for your part. Take enough time to gain perspective and see that friendship important.

Avoid “always,” “never,” and other extremes when communicating.

Make amends.

Once an amends is made, let it go.

Prioritize relationships over being right.
Don’t try to change your friend.

The only person you can change is yourself.

Respect boundaries – your own & your friends.

Healthy boundaries are flexible as well as strong.

Neither a lender nor a borrower be.

If a friend pays your way or you do borrow – Reciprocate!
Feed your friendship.

Feed your friendship exciting times.

Feed your friendship quiet times.

Feed your friendship love.

Feed your friendship compassion & communication.

How to be a Good Friend is copyright © 2021 Laura Musikanski