



## Jenny - Expectations and Communication

### Transcript

**Jenny:** I had a friend, we'd been friends for about two years, we really liked hanging out together, we made each other laugh, we made fun of each other, it was really fun to be friends and he started working on this project and he asked me to help. I was happy to do it because it was very important to him and he was very excited about it.

However, there was this one area of the project that I really wasn't comfortable with helping him with. I didn't want to do it. There was just no way I could help him with it, but I didn't know how to say no because he was so excited about the project. And I felt terrible about saying no so I kind of, he understood that I was going to do it, but I really didn't want to and so it was getting very uncomfortable because he kept asking me if I had done it yet and I kept putting him off and putting him off and it got to the point where I was afraid that he would call me and ask and it was very uncomfortable and it was putting a huge strain on our friendship.

So, one day he called me and I decided that I had to tell him the truth and so I explained to him that I really was not comfortable, that I couldn't do it, and he was pretty upset. We didn't talk for several days. He called me back after several days though and I'm really glad he did because we talked it out and we talked about our expectations for each other, we explained our feelings and why we behaved the way we did and we both apologized.

In the end we worked it out and I'm really glad we did because we're still friends, we still spend time together, we still talk on the phone and what I learned from the experience is that you have to be very open with one another about your expectations, about your needs, and about your boundaries and what you're comfortable with and what you're not. And if you can't be clear and up front about those things than your friendship is probably not going to last.