



If you are losing a friend...

Sometimes, someone we thought was a good friend seems to be less interested in our relationship. This can be surprising and disappointing. When this happens:

- 1) Try to talk to your friend. Talk about what is wrong. Talk about how you might fix the problem together.
- 2) Ask yourself: **Have I done anything to hurt this friendship?** (If so, think about how you can apologize and change.)

If you are not sure if you have hurt the friendship, ask your friend. Sometimes we don't realize when we are hurting a friendship. For example, we can have expectations of friends that they cannot meet. Then they could back off. They could drop us as a friend.

- 3) Ask yourself:
 - Is something happening in my friend's life that has caused them to stop seeing me?
 - Have they moved?
 - Have they started a new job?
 - Have they started new studies?
 - Do they have a new girlfriend or boyfriend?
 - Are they ill?
 - Is someone close to them ill?

You may be able to keep the friendship--but you may need to change your expectations. Talk to your friend.

Here are some things to say:

- Tell your friend that you care about them and value their friendship.
- If they are going through some change in their lives, be understanding and supportive. Ask them about it. Listen to what they tell you.



- Tell them that you would like to keep the friendship even if you can't see each other as often.
- Ask your friend for suggestions about how to keep the friendship alive and growing.

Maybe you will only see them once in a while. That is okay. If you both agree, you may keep your friendship alive with telephone calls and emails. Some lasting friendships are between friends who don't see each other very often, but who stay close in their hearts.

