# Friendship issue

## What I need to do

Sometimes we need help to get perspective on a situation. Use these as guides to help you share what it happening and discuss the best solutions for your situation.

### How big it feels:

| 1 | - It feels annoying and childish  
- It's a misunderstanding  
- It can be fixed easily with a reminder or a break  
- I can figure out how to resolve this on my own  
- It doesn't affect our friendship in the long run |
|---|---|
| 2 | - It feels aggravating  
- It hurts  
- It's frustrating  
- It feels like we can't get past this  
- I need to step away from the situation  
- I may need some help to solve this  
- We need to talk and set things straight  
- We may need to take a break from each other while we figure things out |
| 3 | - It feels very confusing  
- It hurts a lot  
- I feel angry  
- It feels personal and deliberate  
- I need to step away from the situation and ask for help  
- I may need to reconsider this friendship  
- We need to talk and set things straight  
- We may need to take a break from each other while we figure things out |
| 4 | - It feels very confusing  
- It hurts a lot  
- I feel angry  
- I feel scared  
- I don't feel safe  
- It feels personal, deliberate and mean  
- I need to ask for help  
- I need to distance myself from this person/group  
- I need help to see how to move past this  
- I need to find a support group (friends/parents/teachers) to help me deal with this  
- I need to stand up for myself and make sure this doesn't happen again |
| 5 | - It feels very frightening  
- It hurts a lot  
- I feel angry  
- I feel scared  
- I feel alone  
- I need to ask for help right away  
- I need to bring this to someone's attention and keep talking about it until it gets resolved  
- I need to move away from this person/group right away  
- I need to find a support group (friends/parents/teachers) to help me deal with this  
- I need to find support to help me stand up for myself and make sure this never happens again |