Friendship issue
what to do?

Sometimes we need to step back and look at different options and solutions to find the answer to a problem. Write your problem in the space provided. Think about the different solutions suggested here and decide if one of them could help you with your friendship problem.

Friendship Problem:

- Show love towards myself or someone else
- Give myself time to heal
- Give myself a chance to fix my mistake
- Avoid this person from now on
- Find a compromise
- Get help as soon as possible
- Forgive, forget and move on
- Re-evaluate this friendship
- Try to separate the drama from the issue
- Give the other person a second chance
- Talk it out with the person/people involved
- Step back and give myself time to reflect about what I want
- Talk to a parent/teacher or someone I can trust

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