

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 is happening
and discuss the best solutions for your situation.

How big it feels:

1	<ul style="list-style-type: none"> - It feels annoying and childish 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - It feels aggravating - It hurts - It's frustrating 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - It feels very confusing - It hurts a lot - I feel angry 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - It feels very confusing - It hurts a lot - I feel angry - I feel scared - I feel alone 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - It feels very frightening - It hurts a lot - I feel angry - I feel scared - I feel alone - I don't feel safe 	<ul style="list-style-type: none"> - 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