

# HEALTHY FRIENDSHIPS HAVE A FEW THINGS IN COMMON...

## TRUST & HONESTY

AS THE  
FOUNDATION  
ON WHICH  
EVERY  
FRIENDSHIP  
CAN GROW

## RESPECT

BY TREATING  
OTHERS THE  
WAY WE WISH  
TO BE TREATED

## GOOD COMMUNICATION

THAT WILL  
HELP US  
GET TO KNOW  
EACH OTHER  
BETTER

## BOUNDARIES

THAT ARE  
CLEAR AND  
RESPECTED  
SO THAT WE  
DON'T STEP  
ON EACH OTHER

## APPRECIATION

FOR  
EACH OTHER'S  
UNIQUENESS,  
AND  
STRENGTHS

## EMPATHY

SO THAT WE CAN  
TRY TO SEE  
FROM THE OTHER  
PERSON'S POINT  
OF VIEW EVEN  
IF OUR OPINION  
IS DIFFERENT

## FREEDOM

AS FRIENDSHIPS  
SHOULD  
ALWAYS BE  
BASED ON  
CHOICE

## ABILITY TO

## RESOLVE

## CONFLICTS

BECAUSE WE ARE  
NOT ALWAYS  
GOING TO AGREE  
ON EVERYTHING

## ROOM FOR

## GROWTH

AS PEOPLE  
CHANGE AND  
GROW OVER TIME  
AND SO DO  
FRIENDSHIPS