

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:

Apologize for my part in the problem

Talk to a parent/teacher or someone I can trust

Step back and give myself time to reflect about what I want

Give the other person a second chance

Talk it out with the person/people involved

Try to separate the drama from the issue

Re-evaluate this friendship

Forgive, forget and move on

Get help as soon as possible

Find a compromise

Avoid this person from now on

Give myself a chance to fix my mistake

Give myself time to heal

Show love towards myself or someone else