

Who is a Real Friend?

A friend is someone you trust and with whom you **share** a deep **level** of understanding and **communication**. A good friend will:

1. Show **interest** in what's going on in your life, what you have to say, and how you think and feel.
2. Accept you for who you are.
3. Listen to you without **judging** you, telling you how to think or feel, or trying to change the **subject**.
4. Feel comfortable **sharing** things about themselves with you.

As **friendship** works both ways, a friend is also someone you feel comfortable with and someone with whom you **share** a relationship of trust and **loyalty**.

In addition, the most important **quality** in a **friendship** is the way the relationship makes you feel. What's not so important is how the friend looks, how **similar** you **seem** to be, or what others think. Ask yourself:

- Do I feel better after **spending time** with this person?
- Am I myself around this person?
- Do I feel **secure**, or do I feel like I have to **watch** what I say and do?
- Is the person **supportive** and am I **treated** with **respect**?
- Is this a person I can **trust**?

In conclusion, if the friendship feels good, it is good. But if a person tries to **control** you, **criticizes** you, or brings negative **influences** into your life, it's time to **reconsider** the friendship.