



FRIENDSHIP

RELATE RIGHT.
San Antonio



HOW DOES IT PLAY OUT IN REAL LIFE?

- Friendships become more important as we enter middle school and high school.

- They demand our time, energy, and focus as never before.
- They affect our mood and even our performance.
- They can deeply hurt our hearts or provide us hope during difficult times.
- They bring about DRAMA .

- Have you seen any of these play out in YOUR life?

A decorative graphic in the top-left corner featuring a blue heart shape with a yellow handprint inside it, set against a background of colorful, abstract patterns.

HOW DO UNHEALTHY RELATIONSHIPS PLAY OUT IN REAL LIFE?

- One person overpowers/controls the other.
- You fight constantly and never work it out.
- You are physically violent: push, slap, hit, pinch, pull, punch, elbow jab, biting, etc.
- You are verbally violent: name calling, insulting, humiliating, criticizing, mean teasing, “dissing” , excluding, etc.
- You don’ t forgive, you hold a grudge for a long time.
- You tell each other’ s secrets to everyone you know.
- You don’ t encourage one another to do the right thing.
- You don’ t stand up for each other.
- You don’ t respect each other’ s space.



HOW DO UNHEALTHY RELATIONSHIPS EFFECT ME?

Consequences when mistreated:

- I dread having to see them and don't have fun with them.
- I don't feel comfortable or confident around them.
- I feel I have to walk on egg shells and can't be myself.
- I feel my feelings and thoughts are not valuable.
- I don't feel appreciated or understood.
- I don't feel good about myself when I'm around them.
- I find myself making poor choices because of pressure (direct and indirect).
- I feel tension all the time when I'm around them.
- I feel I don't and can't trust them anymore.
- I feel I am overwhelmed by the stress of this friendship, which distracts me from doing well in my school work or sports.
- I find myself compromising my beliefs and values to please others.



HOW DO UNHEALTHY RELATIONSHIPS EFFECT ME?

Consequences when mistreating:

- I find myself with few or no friends.
- I find my friendships are not very deep.
- I often wonder if my friends are telling me what I want to hear to keep me from getting upset.
- I feel everyone in my life pushing me away.
- I find everyone tends to be too busy to hang out with me.
- I find my friends wanting to hang out with others instead of me.
- I feel lonely and afraid of having no friends.
- I feel I can't trust people.
- I have been hurt in previous friendships and feel I need to talk and act a certain way to be accepted.
- I find myself compromising my beliefs and values to please others.
- I lose touch with who I am.
- I feel like a failure at friendships.
- I feel overly concerned about my friendships.



WHAT CAN OR SHOULD I DO ABOUT UNHEALTHY FRIENDSHIPS?

- Should we try to resolve a friendship short of a break up? YES!
 - Should we discuss our emotions and thoughts and hear the other person out? YES!
 - Should we carefully evaluate whether the problems are getting addressed? YES!
-

- What do you do if the you've talked it out and your friend is not open to changing?
- What do you do if you've talked it out and the problems continue?
- END IT...in gentleness and love.
- Some break ups don't have to last forever.

A decorative graphic in the top left corner showing two hands, one blue and one green, reaching towards each other against a background of colorful dots.

HOW DO HEALTHY RELATIONSHIPS PLAY OUT IN REAL LIFE?

- Healthy friendships are NOT perfect, they have conflict, differences of opinion, and times of hurt; but you work through them together!
- You both feel valued.
- You keep each other's secrets.
- You compromise and do what the other wants to do sometimes.
- You encourage each other to do what is right.
- You appreciate each other's differences.
- You stand up for each other.
- You give space when needed.
- You challenge each other to be better and not give up.
- You assume the best in one another.
- You affirm each other in word and action.
- You put others before yourself without neglecting your needs.



HOW DO HEALTHY RELATIONSHIPS EFFECT ME?

Consequences:

- I have fun with them.
- I feel confident and comfortable around them.
- I feel I can completely be myself.
- I have more people who want to be my friend.
- I feel I know how to be a good friend.
- I can work through issues that come up within my friendships.
- I don't feel my friendships are consuming my time, energy, and focus.
- I can excel in other areas.
- I can accept when others don't want to be my friend.
- I can understand and appreciate that some friendships are meant for a season.