

Friendship

Choose One Friendship Step

Adults and teens 13+ | 10 to 15 minutes

Friendships can change with schedules, distance, interests, and misunderstandings. Choose one friendship you want to think about. You can appreciate someone and still want a different pattern. This page helps you choose a next step without assuming closeness, forgiveness, or constant contact must be earned.

Choose a current friendship moment. Identify whether an invitation, repair, question, or boundary best fits.

Name what you value

Consider shared interests, listening, humor, reliability, or room to be yourself. Describe a specific moment that felt connecting or difficult. Avoid deciding the whole friendship from one unanswered message, while still noticing repeated harmful patterns.

Make a small move

You could invite a short catch-up, acknowledge a hurtful remark, or explain that you cannot message late at night. Give the other person room to answer or decline. If contact is bullying or threatening, choose support rather than a repair task.

1. What do I value or miss in this friendship?**2. What specific moment or pattern do I want to address?****3. Would an invitation, repair, question, or boundary help most?****4. What small step respects both people's choices?****Clinical use and adaptation**

Adapt to age, culture, disability, and communication preferences. Do not assign repair for bullying or make the person accept blame to preserve belonging. For teens, assess safety and explain privacy limits. Avoid treating friendship quantity or social conformity as the measure of success.