

# My Healthy Friendship Manifesto

1. Friends are valuable but they are not possessions. I will not stop my friends from having other friends and I will always leave myself open to making new friends.
2. I will support my friends as they grow and develop. I will not feel threatened or hold them back, I will cheer them on and celebrate their successes. I will also acknowledge and embrace the changes in my own life.
3. I will communicate clearly and honestly with my friends. They can't read my mind and can't read theirs, so we will talk and listen openly.
4. Differences are important. My friends can have their own opinions, their own quirks and their own way of seeing the world, and so can I.
5. I understand that we all make mistakes. I will not throw away a friendship over one disagreement. If the friendship is a positive relationship overall, we will commit to communicating, healing and moving forward.
6. I am complete; I have all I need and so do my friends. We are not dependent on one another for our happiness. I will be empathetic and supportive without taking responsibility for all of my friend's feelings and problems.
7. Not everyone is my friend because friendship is special, and I get to choose my friends. However, everyone deserves respect and kindness.
8. My friends deserve loving, caring behaviour. I will not ridicule, gossip about or undermine them. I will also try to stand up to other people who treat my friends badly.
9. If I ever feel as though one of my friends needs help or is in danger, I will take action. Sharing trust means more than keeping secrets. It means trusting your friends to steer you in the right direction when problems arise.
10. I will be honest in my assessments of my friendships. A one-sided or unhealthy relationship is not good for me. I will ask myself:
  - a) Do I like myself around this friend?
  - b) Do we both make an effort to be empathetic and support one another?
  - c) Am I able to be myself or am I having to pretend in order to make the friendship work?

**“The only way to have a friend is to be one.”**

- Ralph Waldo Emerson -

