Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CALM 20**

**Friendship and Relationship Questions**

1. How do you know if someone is really your friend?
2. How do you know if you can trust a friend with an intimate secret?
3. When someone tells you that a friend of yours has done something that you feel is wrong what alternatives do you have and what do you do?

When Friendships End

Sometimes people grow apart – they may develop very different values and goals, interests and commitments, which pull them in different directions. They may find that the relationship is restricting them in some area of development that they find extremely important.

If these people want to devote the time and attention that is required to change a friendship, and if such change seems probable, the relationship may survive. But if the people involved do not really wish to do this, then the friendship may end.

The ending of a friendship often leaves a person feeling sad because of the loss. It may also leave the person with feelings of excitement at being freer to form new friendships. Because ending a friendship is risky, the people involved may feel a bit anxious. It means taking a chance that new friendships will be more fulfilling than the relationship being given up.

1. Think of a time when you, or a friend of yours, felt it necessary to end a relationship, or when a relationship just seemed to fade away. How did this feel? Can you remember some of the things you said to each other as you separated? Were they positive or do you have regrets? If you could would you do anything different?