

Maintaining Friendships

Friendships need to be worked at and maintained in order to last. It is important that both parties in the friendship make an effort to build and maintain the friendship.

Maintaining friendships involves both behavioural traits and practical actions.

Here are some top behavioural tips for maintaining friendships.



- Listen to your friend if they need to talk. A good listener is always appreciated.
- Be encouraging. Support your friend in their endeavours.
- Do not tease or belittle.
- Compromise. If you disagree or have different opinions, try to find a compromise that you are both happy with.
- Be considerate of your friend's feelings and needs. Ask them how they are and be sympathetic and empathetic.
- Talk openly about disagreements.

- Apologize when you hurt them.
- Be a good listener; refrain from offering advice or moralizing.
- Respect your friend's point of view. Different personalities can complement each other; it isn't always necessary to agree on every point.
- Never betray a trust (unless failing to do so would put your friend in serious danger). Trust, when violated, can ruin even the best friendship.
- Support and praise your friends; ignore their failures and imperfections.
- Never resent a friend's success. Instead admire and congratulate them on their achievements.
- Flexibility is always important for maintaining friendships. Be understanding when your friend has to change plans for a genuine reason. You can always meet with them another time.
- Respect and learn to appreciate your differences. Everyone is different and it is this diversity that makes it interesting to meet and learn from other people.

- Make sure your friend feels that you appreciate them and your friendship.
- Make an effort to know and remember who else is currently important in your friend's life. Don't criticise the people that your friend loves.
- Being Loyal and Trust worthy.

There are also practical ways in which you can maintain the friendship:

- **Try to arrange to meet up on a regular basis**
For example you could meet up for a coffee, or to go to an event you will both enjoy.
- **Phone or text**
This is a good way to stay in touch in-between meet-ups.
- **Email and social networking sites**
These can also be a good way to stay in touch and to stay updated as to what is happening in each other's lives.
- **Inviting them to special events in your life**
Inviting your friend to special events such a birthday outing, or a house warming is a good way to maintain the friendship and let

your friend know that they are important to you.

- **Sending Wishes on their Special Days**

Sending wishes on your friend's special days like birthdays, anniversaries etc shows that you have made an effort to remember days that are special and important to your friends. For example, you could make sure you send them a birthday card every year.

- **Offering a Helping Hand when things go wrong**

If you know that your friend is having a difficult time, for example if they have lost their job or their romantic relationship has ended, contacting them to ask how they are and asking what you can do to help is a good way of showing that you care.

