

Keeping Your Friendships

Sometimes, it's hard to keep your friendships on track. Lots of things can happen in life that make your friendships change.

Here are some ideas to help you to stay close to your friends:

Make time for one another. You may both be really busy and have different hobbies and interests. Book time in when you can spend time together like you always have. It could just be going to each other's house for dinner, or going to the park or cinema together.

Talk about how you are feeling. If you feel like you are missing your friend, don't be afraid to tell them. It is very likely that they are feeling the same. Be open and honest so they know how much you care about them.

Friendships only work well if you are equally supportive. If you are listening to your friend's worries all the time, but you need to talk about what is worrying you, be honest and discuss both your worries openly.

Try to make time to do something that is fun. The best way of doing this is to try something totally new to both of you. If you are both a bit nervous about doing something, this will help to bring you closer again as well. Remember to laugh at yourself and each other!

Try to accept that your friendships will change and see it is an opportunity to have a much wider circle of friends. Making new friends doesn't mean you have to lose your old friends! If your old friends are worried, reassure them and keep them involved with new friends.