



# What is Friendship?

- 1.- Knowing there is another human being you can trust completely.
- 2.- Realizing that someone else wants the best for you, too.
- 3.- Providing a gentle haven where the other can be relaxed and feel safe.
- 4.- Helping solve problems without taking over your friend's life
- 5.- Sharing the grief times along with the great times.
- 6.- Being together without needing to pretend.
- 7.- Cherishing together the joys and traumas of change and growth.
- 8.- Nourishing one another's dreams, hopes, and decisions along the path.
- 9.- Receiving feedback without questioning motive.
- 10.- Loving another person in spite of differences and imperfections.
- 11.- Praising virtues rather than expanding on flaws.
- 12.- Sending love even when you're not together or in agreement.
- 13.- Coming to your friend's aid and expecting nothing in return.
- 14.- Finding time to be together despite the obstacles of everyday living.
- 15.- Understanding the occasional need for distance.
- 16.- Knowing that your commitment to each other is always by choice.

Winning and losing do not matter to real friends. Friendships are not instantaneous, they are earned. Friendships withstand the storms and upheavals of time. Friendships surpass the trite boundaries of acquaintanceship. .... Friends are one of God's greatest gifts.

Jack Clarke (slightly adapted)

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## KEY WORDS:

**Provide** = give

**Haven** = shelter

**Grief**/gri:f/ .- **1** intense sorrow, especially caused by someone's death. **2**.- trouble or difficulty.

**Pretend**: act to make it appear that something is the case when in fact it is not.

**Nourish**/'nʌrɪʃ/ .- ►verb provide with the food or other substances necessary for growth and health.

**Praise** : **1**.- Express warm approval of or admiration for. **2** express respect and gratitude towards (a deity)

**Flaw**.- ►noun. **2** a fault or weakness.

**Aid** /eid/ ►noun.- help or support.

**Commitment** /kə'mɪtmənt/ .- noun.- The state or quality of being committed to a cause, policy, or person.

**In return**: in exchange or in reciprocation

**Withstand**: ►verb **1** remain undamaged or unaffected by. **2** offer strong resistance or opposition to.

**Upheaval**: synonyms: change, cataclysm, disruption, disorder

