



Friendship

Friends play an important role in our lives. Often they are the ones whom we turn to for help and comfort more than our own parents. Yet, it is not easy to maintain a friendship. Like any other relationship, it involves some effort on our part.

First and foremost, keep in touch with your friends. Do not neglect them no matter how busy you are. With the advancement in technology, many people do not have difficulty staying connected through the e-mail and the telephone. You should also spend time doing activities you both enjoy. Set a time to meet once a week and hang out together. Remember their birthdays and other important dates.

Apart from that, be a good listener. Many friends like to share their problems but they are sometimes bad listeners. It is important that you do not judge their views or opinions. Just give them a listening ear and give advice only when asked.

In a healthy friendship, there are bound to be arguments. Agree from the start that no matter how difficult a situation is, your priority is to remain friends. You may feel hurt, angry and disappointed when you disagree with a friend. This is normal. It is how we manage an argument that is important in maintaining friendships. When you are hurt and angry, do not blame or lash back at the person nearest to you. Then, allow your friend to finish her arguments and do not try to interrupt. If it helps, agree to think about the situation and come to an

agreement later. You should be honest and resolve the situation even though you may still disagree with one another. Respect each other's opinion. Be the first to apologise even if you feel you have done nothing wrong. Send a card if you find it difficult to face him or her.

In addition, never betray their trust. You should not divulge whatever secrets told to you unless you have permission to do so. If you cannot keep a secret which had been told in confidence, you lose the trust of your friend. Many a friendship has been broken because of this.

Another important thing to do to maintain friendships is to be supportive. Be willing to sacrifice your time and effort to help your friends. Some may just need your moral support or your presence. Be happy and celebrate their victories and suffer with them in times of sorrow and sadness.

It is very easy for some of us to make friends, but to maintain friendships, you need to reach out and be willing to get hurt, to be inconvenienced, to understand rather than to be understood, to give and to love. Happy is the person who finds a true friend



for he or she has found a lasting treasure