

# **FRIENDSHIP PYRAMID**



FRIENDSHIPS HAVE DIFFERENT PHASES AND CHANGE OVER TIME.

**ALL WE CAN REALLY** CONTROL IS OURSELVES. BE THE TYPE OF FRIENDS YOU WANT TO HAVE!

### CLOSE FRIENDS

- Try to find fair solutions
- · Are accepting
- · Are fun to be with
- Are trustworthy—share secrets not shared with friends you don't know or trust as well Make you feel comfortable and safe

- · Try to find fair solutions
- Are accepting
- · Are fun to be with
- · Don't share as many secrets as
- Might not know you as well as your close friends so you may not feel as comfortable

## **AQUAINTANCES**

Undiscovered friendships are always out there! Stay open to meeting new friends

### **NOT REALLY** FRIENDS (NRF)



Be cautious and kind

- · Are nice to you some days, mean other days
- · Are untrustworthy-gossip and spread rumors
- · Are unaccepting-leave you feeling uncomfortable being yourself
- · Are unsafe- ask you to do things you feel uncomfortable with

**IMPORTANT: Everyone changes!** Over time, NRF's can learn friendship skills.

From BFF or NRF (Not Really Friends)? A Girls Guide to Happy Friendships