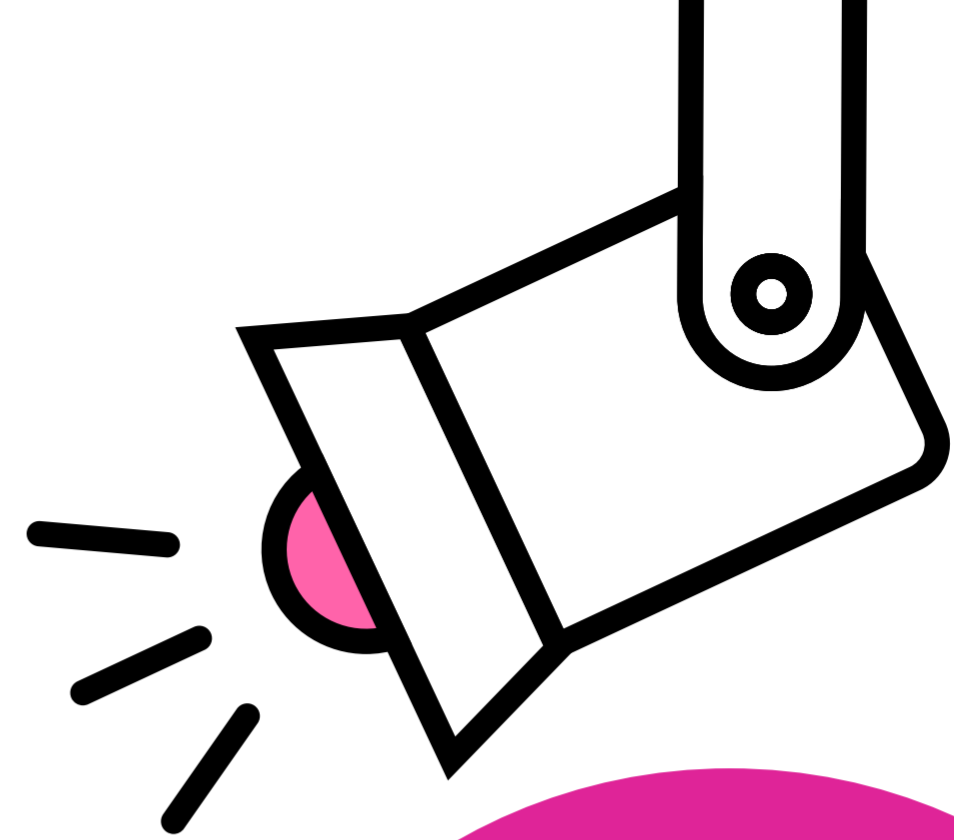


# SPOTLIGHT POINT:

Thinking more about the importance of building friendships



Friendships will have their difficulties and it is important for us to overlook the occasional disagreement or misunderstanding. However, if a friendship begins to cause more pain than joy in your life, then it may be time to reevaluate this friendship

Not all friendships are created equal. You will have your closest friends, with whom you share everything and have many deep conversations, casual friends, with whom you may interact with at a regular community event or activity, and everything in between

Maintaining successful friendships involves an understanding that both individuals are a part of a “give-and-take” relationship, wherein sometimes you receive support and other times you must give support

Despite our best intentions and efforts, sometimes external forces (e.g. becoming geographically separated) may negatively impact a friendship