

1. We can make new friends and keep our old friends.



2. Friendships can change as we grow older.



3. Just because a friendship has changed, does not mean it has ended.



4. If a friend doesn't have as much time for us, they could be adjusting to their new routine.



5. We should only hang out with our old friends and not new friends.



6. If a friend becomes distant, we should talk to someone about it.



7. We should allow ourselves and our friends space and time to adjust to changes.



8. Friendships can drift and return stronger than ever.



9. It can be useful to talk if we're having a hard time with one of our friends.



10. It's good to stay open to new friendships.

