

# CHANGING FRIENDSHIPS

## Statements sheet

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

◀.....▶  
disagree agree

2. Friendships can change as we grow older.

◀.....▶  
disagree agree

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

◀.....▶  
disagree agree

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

◀.....▶  
disagree agree

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

◀.....▶  
disagree agree

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

◀.....▶  
disagree agree

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

◀.....▶  
disagree agree

8. Friendships can drift and return stronger than ever.

◀.....▶  
disagree agree

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

◀.....▶  
disagree agree

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

◀.....▶  
disagree agree