



HOW TO TALK TO A FRIEND

Here are 5 tips on how to talk to a friend when you are having conflict.



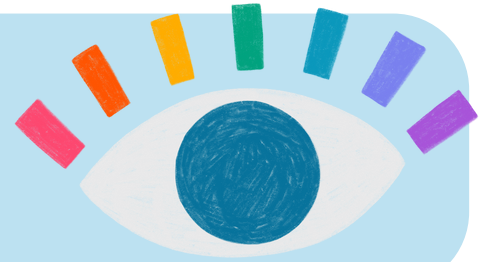
Find the right time to talk

Choose a quiet moment when you and your friend are calm and not in the middle of an activity.
"Can we talk about something that's been on my mind?"



Use "I" Statements

Start your sentence with, "I feel..." This stops you from attacking your friend. They will understand you without being defensive. "I felt left out when you didn't include me."



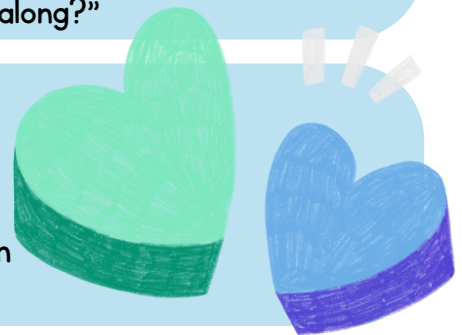
Be Honest and Kind

Honesty is important and kindness may be more important. Speak truthfully about your thoughts and feelings and also have empathy for your friend. "I think we've been arguing a lot lately. Can we figure out a way to get along?"



Try to Understand

Try to see things from your friend's perspective. If you can understand where they are coming from, you can find what you have in common and solve the problem so that you are both happy.



Offer Solutions

Don't just point out the problem.
Suggest ways to fix it.
Offer a solution because this shows that you want to make things better.
"I like sharing with you but can you please ask before taking my stuff?"

