

Developing Healthy Relationships

Based on the book *How to Win Friends and Influence People* by Dale Carnegie

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Having good friends is very important. When we have good friends, we feel like we belong. We feel better about ourselves and less alone. Sometimes it's hard to make friends. We might worry that people won't like us.



Some of us are shy or don't feel good about ourselves. Others might feel scared to talk to new people. Luckily, anyone can learn how to make friends. Here are 3 ways to make good friends:

- 1. Don't say mean things** - People often treat us the way we treat them. So instead of saying mean things, try to understand others. Think about how they see things, even if it's different from you.
- 2. Say nice things that you really mean** - The best way to make someone want to be your friend is to make them feel good.
- 3. Listen carefully** - Listening to others is a great way to make good friends. It shows that we care about what they think and feel.

These tips won't make everyone your friend, but they will help you make friends and be a better friend. Remember The Golden Rule: treat others the way you want to be treated. If you want others to be nice to you, you should do the same for them first. Making friends takes time and work, but by using these tips and being patient, you can make good friends that will make you happy for a long time. (265)