

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. It helps us feel happy and healthy. 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 if we show who we really are. Some of us are shy or don't feel good about ourselves. Others might feel scared to talk to new people. When we feel this way, we might try to hide. Luckily, anyone can learn how to make friends. Knowing what to do can help us start making friends that last a lifetime. Here are three ways to make good friends:



1. Don't say mean things - How do you feel when someone says mean things to you? Not good, right? When we say mean things to others, it's hard to be friends with them. If we say mean things, they might want to say mean things back. This is called "giving back what you get." People often treat us the way we treat them. Saying mean things also makes people want to defend themselves. They might feel hurt or angry. Instead of saying mean things, try to understand others. Think about how they see things, even if it's different from how you see them. Just like you want others to understand you, you should try to understand them too.

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. But be careful not to say nice things you don't mean. When we say nice things that we really mean, it shows others that we like them and makes them feel important. Everyone needs to feel liked. When you say something nice about someone's ideas or what they do, you make their life better, and you'll feel better too.

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. To really listen, stop thinking about yourself for a while and focus on the other person. Turn off your phone and other things that might distract you. Show that you're listening by looking at them, nodding your head, and smiling or frowning to show you understand. Try not to interrupt when someone is talking. If you need to, only interrupt to ask questions that help you understand better. Remember not to say mean things about what they're saying, even if you don't agree. Instead, try to understand how they feel and what they want. This helps you become better friends.

The Golden Rule of Friendship

These tips won't make everyone your best 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. This is also called the "rule of giving back" in friendships. If you want others to be nice to you, say nice things to you, and listen to you, you should do the same for them first.

Making friends takes time and work, but it's worth it. Good friends make our lives better in many ways. They help us when we need it, make us laugh, and help us grow as people. By using these tips and being patient, you can make good friends that will make you happy for a long time. Remember, everyone can learn to make friends. It might take practice, but you can do it. Start by being kind to others and listening to them. Soon, you'll find that making friends gets easier and more fun! (634)