

## How to Choose Good Friends

There is an old saying “The best way to have a friend is to be a friend.” That means you never say negative things about a friend and you try to listen carefully to what they are saying so you can understand how they feel. You should be helpful if they ask you for advice and never criticize them. However, if they are behaving badly, you might suggest, kindly, they could act in a better way.

That’s how you treat someone, but, now, how do you expect a friend to treat you? It is very important to have friends, but you want *good friends*; don’t put up with bad behavior because you are lonely and want anyone, to like you. That is unhealthy.

A good friend *never* makes fun of you, even joking. A good friend never asks you to do something that you know is wrong; when you say, “No. I don’t want to do that.” Your friend respects you and doesn’t insist you do it for him, or her, if you want to stay their friend. This is not a healthy relationship. If someone says, “You’d do that for me if you really liked me.” Say, “I like you and I’m not doing that.” Then walk away.

A good friend always treats you with respect especially in front of others. A good friend never tells you bad things that others say about you; he would say “Shut up and don’t talk about my friend that way”.

The best friend you can possibly have is yourself. If you treat yourself with respect and expect others to also, you will attract good people to be a part of your life.

[For more in depth information check out the textbooks at my website.](#)