

- URSTRONG'S -

4 FRIENDSHIP FACTS!

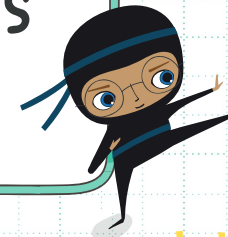
#1

NO FRIENDSHIP
(RELATIONSHIP)
IS PERFECT.



#2

EVERY
FRIENDSHIP IS
DIFFERENT.



#3

TRUST & RESPECT
ARE THE TWO MOST
IMPORTANT QUALITIES
OF A FRIENDSHIP.



#4

FRIENDSHIPS
CHANGE... AND
THAT'S OKAY!

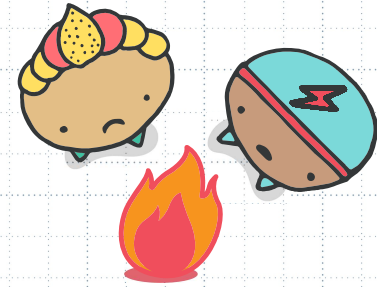
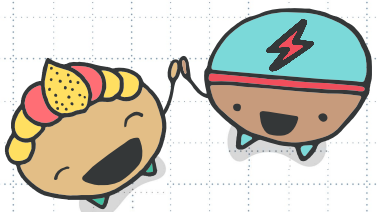


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FRIEND-O-CYCLE!

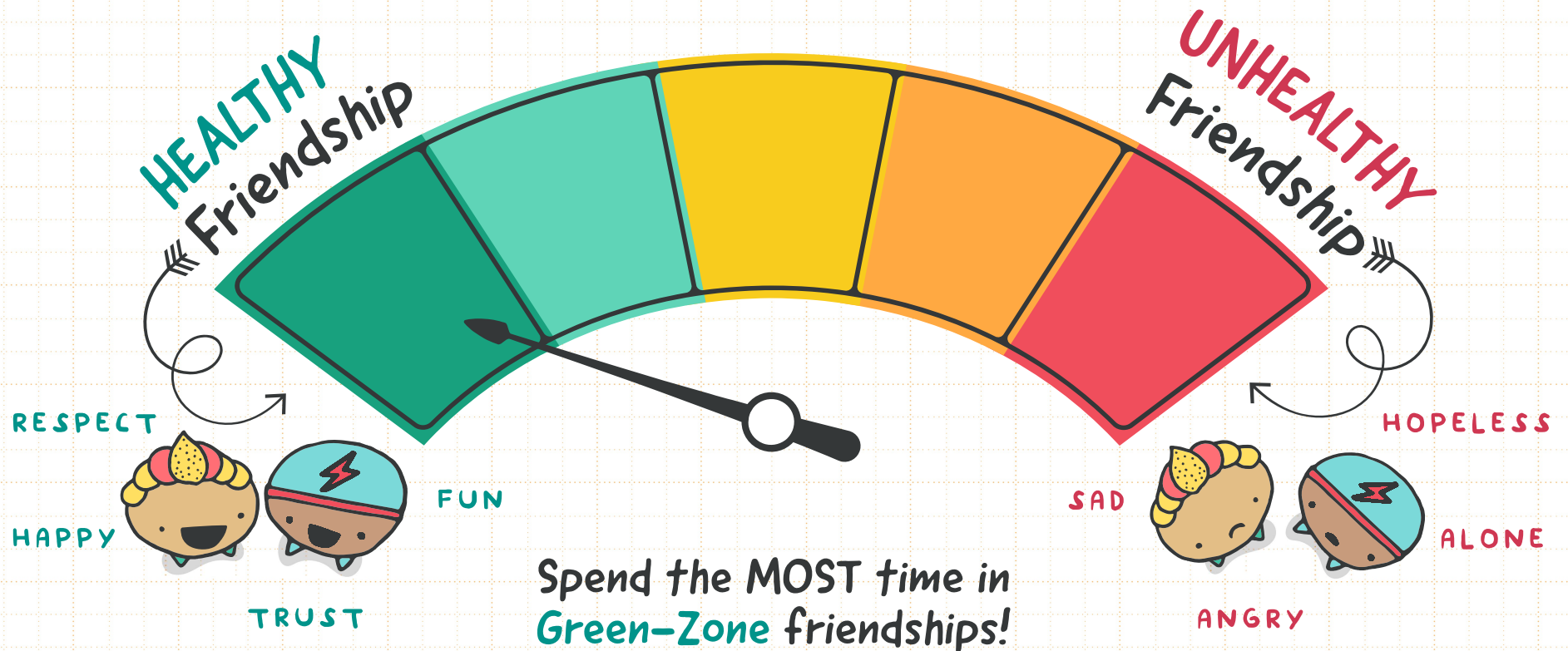
The normal cycle of a *healthy friendship*.



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FRIEND-O-METER!



Spend the MOST time in Green-Zone friendships!

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HAVE YOU GOT A FRIENDSHIP FIRE?

WAS SOMEONE MEAN-ON-PURPOSE?

OR

NO!

Okay, well, a fire can't be put out on its own. Wait for the right time and **Talk-it-Out**. Otherwise the friendship will continue to get worse and little fires will feel like **BON FIRES!**

NO!

Did you try to **Talk-it-Out**?

1. Retell the situation
2. Explain how you felt

"When....."

"I felt....."

YES!

Did you say your **QUICK COMEBACK** in a strong voice?

NO!

Did your body language say, **'I'M SERIOUS!'**

YES!

Did you immediately **WALK AWAY?**

NO!

They'll likely do it to you again. **YOU** teach people how to treat you. **SAY IT LIKE YOU MEAN IT!**

Did the friendship improve on the **Friend-o-Meter**? Even a little bit....?



YES!

YES!

Try this again and be sure to wait for a good time to talk!

NOT REALLY ...

Did you do a good job of **Talking-it-Out**?

YES!

Did you report to a **GROWN-UP**?

NO!

It's not too late! Report it so everyone can get the help they need. You did a brilliant job saying your **QUICK COMEBACK!**



AMAZING!!

Keep being open and honest. After **Forgive & Forget** you'll be **Closer & Stronger** on the **Friend-o-Cycle!**



YES!

You should feel so proud of yourself! It's unlikely this will happen to you again. If it does, follow these same steps. If it happens a third time, **3 strikes = time for a grown-up to intervene!**

NO!

There's only one person you can control and **THAT'S YOU!** Maybe this is a sign your friendship is changing (**FF#4**)? Maybe your friend needs more time to **Forgive & Forget**? Try spending less time together and focus on doing what works in this friendship!