Friendship Changes Family Questions

Today we explored friendship changes. Going through friendship changes can be really difficult. It can be lonely, sad and even confusing, especially if we don't understand why the change is happening. Friendships are a huge part of our lives and accepting friendship changes is an important life skill. In today's session we explored why it's important for us to learn how to work through friendship changes so we can move forward in a positive way.



I heard today's topic was about Friendship Changes...

Why do you think friendships begin to change?

What do you think is most difficult about friendship changes?

What can we do to help ourselves move forward after a friendship change?

Tip: Going through friendship changes can be a very isolating and lonely time for children and teens. A great way to help your child is to share your own examples of friendship changes. Try sitting down and talking about the difficulties you have experienced with friendships. Share how you have overcome friendship changes. By doing this you can help your child to see that everyone goes through friendship changes. It's important to share the benefits of making new friendships and how new friends can bring renewed happiness into your life.

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