

1 RELATIONSHIPS

LESSON A ► The best of friends

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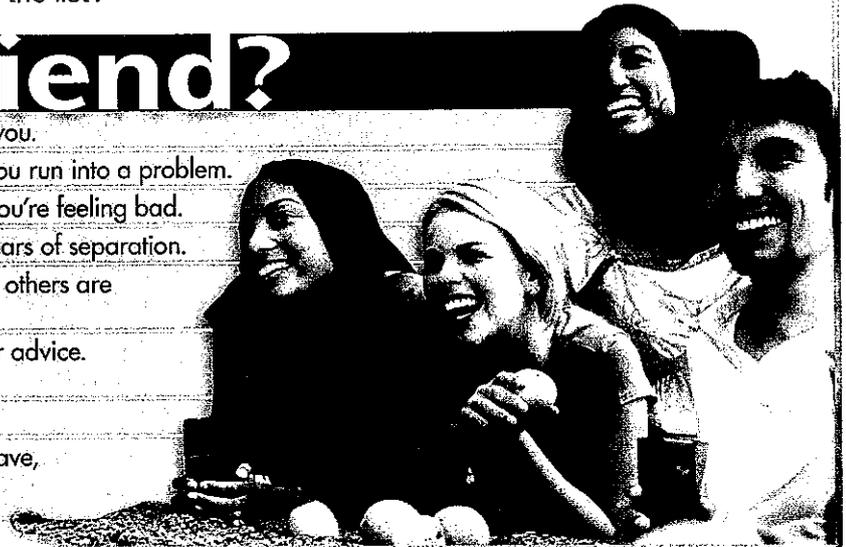
1 STARTING POINT

The nature of friendship

A Read these statements about friendship. Can you explain what they mean? What other statements would you add to the list?

WHAT IS A Friend?

1. A friend is someone who brings out the best in you.
2. Good friends are always happy to help when you run into a problem.
3. A friend is someone who cheers you up when you're feeling bad.
4. True friends don't drift apart even after many years of separation.
5. A real friend will always stand up for you when others are putting you down.
6. Never be afraid to open up and ask a friend for advice. A true friend will never turn you down.
7. Make new friends, but hang on to the old ones.
8. Good friends are hard to come by, harder to leave, and impossible to do without.



"The first statement means a friend inspires you to show all your positive qualities."

B Group work Consider the statements in part A. What makes a good friend? Discuss with your group.

"In my opinion, a good friend is someone who makes you a better person. It's someone who brings out the best in you."

Useful expressions

Expressing opinions

In my opinion, ...

I have to say that ...

The way I see it, ...

Personally, I (don't) think ...

2 LISTENING & SPEAKING

Friendship among women and men

A Listen to a professor talk about author Deborah Tannen's ideas. In Tannen's opinion, what is the main difference between friendship among men and friendship among women?

B Listen again. According to Tannen, which of these things do male friends often do (M) and which do female friends often do (F)? Write the correct letter.

- | | |
|-------------------------------------|---|
| ___ 1. are direct and to the point | ___ 4. prefer to share factual information |
| ___ 2. discuss daily life at length | ___ 5. value activities over talk |
| ___ 3. reveal private thoughts | ___ 6. talk as a way to better understand their lives |

C Group work Do you agree or disagree with Tannen's ideas about friendship? Why or why not?

"I have to say that I think some of her ideas seem to be accurate ..."

3 GRAMMAR

Phrasal verbs

A phrasal verb is a verb plus a particle, such as *down, into, out, or up*.
The meaning of a phrasal verb is usually different from the meaning of its parts.

Separable phrasal verbs can take objects before or after the particle.

If the object is a pronoun, it always appears before the particle.

A friend is someone who **brings out** the best in you.

A friend is someone who **brings** the best **out** in you.

A friend is someone who **cheers** you **up** when you're feeling bad.

With inseparable phrasal verbs, the object cannot go between the verb and the particle.

Good friends are always happy to help when you **run into** a problem.

Three-word phrasal verbs have a particle and a preposition.

Make new friends, but **hang on to** the old ones.

Intransitive phrasal verbs don't take objects.

True friends don't **drift apart**.

GRAMMAR PLUS see page 106

A Look at the Starting Point on page 2 again. Can you find the phrasal verbs? Which are separable, inseparable, and/or three-word verbs? Which are also intransitive? Write them in the chart.

Separable	Inseparable	Three-word verbs	Intransitive
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B Complete the questions with the phrasal verbs and objects in parentheses. Sometimes more than one answer is possible.

1. Have you ever had a friend who brought out the worst / brought the worst out (bring out / the worst) in you?
2. Have you ever _____ (run into / a friend) that you hadn't seen in a long time?
3. Do you usually _____ (stand up for / your friends) when other people criticize them?
4. Can you _____ (do without / a cell phone) and still keep in touch with friends?
5. When friends ask you for a favor, do you usually say yes, or do you _____ (turn down / them)?
6. Do you _____ (hang on to / your old friends) or do you drift apart as time goes by?
7. Some people like to _____ (put down / their friends) by insulting them. How would you feel if a friend did that to you?



C Pair work Discuss the questions in part B.

"Have you ever had a friend who brought out the worst in you?"

"Yeah, I once had a really messy roommate. She made me so angry."

4 VOCABULARY

Describing friendship

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A Pair work Complete the chart with the correct parts of speech.

	Verb	Adjective		Verb	Adjective
1.	admire		4.	empathize	
2.		beneficial	5.	endure	
3.	clash		6.		harmonious

B Choose the word from the chart in part A that best replaces the boldfaced words. Compare answers with a partner.

harmonious

- Ryan and Tina work to keep their friendship **free of conflict**.
- Sometimes their opinions **are very different**, but they still get along.
- They work to make their friendship **valuable and constructive**.
- Having the same background helps them **understand and identify** with each other.
- Ryan and Tina **think very highly of** each other's accomplishments.
- Their friendship will certainly **last a long time**.

VOCABULARY PLUS see page 130

5 DISCUSSION

What should friends have in common?

A Look at the statements about friendship below. Do you agree with the statements? Add a statement of your own.

PEOPLE ...	Agree	Disagree
1. who are close in age empathize with each other better.	<input type="checkbox"/>	<input type="checkbox"/>
2. with similar social backgrounds have more harmonious friendships.	<input type="checkbox"/>	<input type="checkbox"/>
3. who have similar values and beliefs have stronger connections.	<input type="checkbox"/>	<input type="checkbox"/>
4. with similar personalities have the most enduring friendships.	<input type="checkbox"/>	<input type="checkbox"/>
5. benefit from having friends with the same educational background.	<input type="checkbox"/>	<input type="checkbox"/>
6. should only mingle with friends who have the same interests.	<input type="checkbox"/>	<input type="checkbox"/>
7. from different cultures often clash with each other.	<input type="checkbox"/>	<input type="checkbox"/>
8. _____	<input type="checkbox"/>	<input type="checkbox"/>

B Group work Share your opinions and explain your reasons.

"The way I see it, people who are close in age can empathize better with each other. They share many of the same experiences and understand each other."

"I see your point, but I don't think age is that important. If people like doing similar things, they can be good friends."

C Group work How many people agreed or disagreed with each statement? Report your findings to the class.

"Three of us agreed that friends who are close in age empathize with each other better..."

Useful expressions

Disagreeing politely

I see your point, but ...
 I see what you mean, but ...
 I'm not sure I agree.
 Do you think so?

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One of the most important and formative types of relationships you will experience in a lifetime is friendship. Friends are people you can share intimacies and experiences with, and you are an important part of each other's lives. They give you a sense of belonging and security knowing you are loved and cherished by the people you most care for.

The beauty of friendship is that you get to choose your friends, unlike with family. But anyone who's ever had a negative experience with someone they thought was a friend can probably attest to the fact that it isn't always easy to spot true friendship. So we spoke with mental health experts Chaute Thompson, LMHC, and Jinnie Cristerna, LCSW, Rh.D., CHt, about what exactly makes someone a good friend and some tips on how to be a good friend yourself.

What makes a good friend?

Honesty

Of all the traits a good friend could have, honesty is certainly among the most important. An honest friend is someone who can and will tell you the truth instead of lying to you to keep you happy or placate you. A good friend will tell you the truth even if it's hard, Cristerna says, because they love you.

Being nonjudgmental

A nonjudgmental friend makes you feel confident in and loved for who you are and not someone who instills self-doubt or insecurity in you. Nonjudgmental friends listen to you and do their best to see things from your point of view.

Acceptance

True friends accept you even when your lives move in different directions. True friends understand that your choices are yours and accept those decisions because they know that what's right for them isn't necessarily right for you.

Trustworthiness

Trust lets us feel safe with friends—safe to be vulnerable and to share our plans, our true selves, and our lives. A trustworthy friend keeps your secrets, keeps their promises, and is dependable.

Low-maintenance

Many longtime friends point to the fact that when they haven't been in touch for a while and finally reconnect, it is as if no time has passed. In other words, friends shouldn't require all of your attention all of the time and understand when life gets busy.

Tips for how to be a good friend:

1. Prioritize making time for each other.

Free time is sacred because we don't have much of it. At the same time, friendships grow through shared experiences and quality time together. The mark of a good friend is someone who makes time for you and makes spending time with you a priority. A good friend will also look for opportunities to maximize the time you have together by seeking fun and unique experiences that strengthen and maintain your bond.

2. Open up and allow each other to be vulnerable.

A good friend is someone genuine, someone with whom you can be yourself and they can be themselves around you, Cristerna explains. A good friend allows you to be vulnerable with them and vice versa, meaning you can expose your emotions and circumstances with each other and trust one another to listen, be supportive, and have each other's best interests at heart.

"Being able to have fun and share special memories are the result of having a trusting relationship that feels safe," Cristerna adds. "For example, all of my friends and I have an understanding that we support one another in every way (yes, even ridiculous ways!), unless the level of ridiculousness is too much or would create a situation where we feel uncomfortable."

3. Pay attention to the little things.

"A good friend is able to read between the lines of what's being said because they pay attention, and they know your heart," Thompson says. "For example, if I ask, 'How are you doing?' to a close friend and the response is 'OK,' I know immediately that she is not OK. A good friend pays attention to the details because you care to take the time to understand the heart of your friend."

4. Be willing to challenge each other.

A good friend pushes you to grow, will let you know when you are on the wrong path, and will "challenge you when you need to be challenged," says Thompson. And this is "all done in love and with respect." In this way, you can grow together and support each other along the way.

"In a personal story, I was angry with someone, and one of my good friends stopped me midway through my rant and said, 'Jinnie, you know you're wrong. I am always with you, but on this one, I can't ride with ya. Stop and think about the role you played in this.' That moment stays with me to this day because she loved me enough to tell me to knock it off, and it came from a place of love. I was able to receive it because of that," Cristerna explains. "That's what friends do."

5. But be open-minded.

To be a good friend, you have to be open-minded, says Thompson. Being open-minded allows your friend to be their true selves, especially when they are making decisions. By remaining open-minded and not inserting your own biases into your friend's decision-making, you demonstrate that you are understanding and supportive.

"Good friends support us, give us space to be ourselves and make mistakes, and they respect boundaries," Cristerna adds.

6. Look out for them.

"A good friend is a courageous friend who will stand up and do the right thing when no one is looking and even if it doesn't benefit them. This may not be the type of definition most people have about courage, but trust me—it takes a lot of courage to do this," Cristerna says.

For example, you might find yourself in situations where other people aren't treating your friend well or where you know your friend may be put in a sticky situation. As much as possible, a good friend is willing to stick their neck out on behalf of their friends, whether that means shutting down gossip about them, making sure they get home safe after a night out, or something else.

What about bad friends?

Here are some signs of an unhealthy friendship, according to Thompson:

You feel drained whenever you talk to them.

The friendship is one-sided, meaning every time you talk to them or try to share with them, somehow the conversation turns around and goes back to them.

They aren't making time to listen to you or allow space for your contributions to the conversation.

Your time or boundaries are not being respected.

They don't respect your feelings.

You often feel belittled by them.

You feel *overly* reliant on each other, a hallmark of codependent friendship.

Friendship entails reciprocity and respect, Cristerna adds. Without these two qualities, the relationship will be limited and fizzle over time. When you are in what feels like a toxic friendship or codependent friendship, it is best to determine what is the healthiest way for you to end the friendship.

In communicating the need to end the friendship, you want to ensure that you own the decision and be clear about how the relationship does and doesn't work for you. This is not the time to blame, however—in fact, this is a time to forgive and ask for forgiveness with grace and ease. Ending a friendship is already hard enough. Cristerna recommends trying to be compassionate, so if you cross paths again (and you usually do), you can say hello and catch up in a comfortable and natural way.

The bottom line.

A true friendship is defined by knowing someone has your back, no matter what. A good friend will watch out for you and ensure you are safe, feel supported, and are loved. A good friend will never purposely lead you into making decisions or taking actions that aren't good for you. A true friend will always have your best interests at heart.

Here's more on [how to deepen adult friendships](#) and [how to create a lasting friendship](#).

cherish, trait, maximize, vice versa, ridiculous, read between the lines, rant, knock it off, stick one's neck out, cross paths, catch up, the bottom line, have someone's back,

I can attest to the fact that

When have you had to tell a friend the hard truth? How did you feel? How did your friend react?

What experience did you and your friend share that cemented your relationship?

When has a friend told you that you were on the wrong path?

When have you ignored a friend's advice?

When have you been in a sticky situation? Did anyone help you out of it?

I feel drained whenever

Have you ever had a friendship fizzle out?

When was the last time you crossed paths with an elementary school classmate?

No matter what,