Your Resilience
Worksheet 5

Friendship and conflict

Friendships don't always go smoothly, but we know they are key to our wellbeing. It's helpful to explore tried and tested strategies that guide us in the face of conflict.



Consider a recent or ongoing conflict you've had with a friend and write about it briefly below

Next, think about the conflict in relation to each approach below.



Fact or fiction - Is what I'm thinking or what they are thinking true?

Sense of proportion – what other parts of my life can I focus on as well so that this one issue doesn't take over?

Choice – everyone can choose who to be friends with, friends change throughout life just as we all change. Do I often need to think about how this person treats me?

Build your networks – we can't rely on one person to be there for us. Consider who else in your life you turn to for different opinions and advice in different situations.

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