

### Upper Westside 3



*Upper Westside Group*

November 2014

### Friendship

November was the first meeting for this newly formed neighborhood group. Members were enthusiastic about exploring the topic. Here are some important points.

- **Deep close friendships**

- ✓ True friendship for middle age and beyond is very important.
- ✓ We need to know where our support base is, from whom, and know we can rely on those who are friends.
- ✓ Emotionally positive and validating friendships are most important.
- ✓ These friendships are based on fun/enjoyment, mutual caring, and respect along with mutual responsibility and good communication.



- **Mutual friendships are usually based on similar tastes in activities.**

- **Toxic relationships**

- ✓ It's important to recognize when they become toxic and how to rid ourselves of them.

- **Signs of toxic relationships are:**

- ✓ Friends, who become demanding, turn every discussion into an argument and threaten to end a relationship.
- ✓ Gossip behind your back, want everything on their terms and do not listen and/or hear you and your needs.

- **If you realize you are in a toxic relationship there were several suggestions:**

- ✓ Focus on the positive, use silence, set boundaries and limits, try a "time out," or end the friendship