

Friendship: Is It Time to Walk Away

Sometimes friendships start off strong and eventually fizzle—it's natural. Other times we keep people in our lives who we should walk away from. Perhaps the reason you were friends has now passed or you are in a new season of your life. Friendships that are not beneficial for both parties and can be detrimental to your happiness.

I have an old friend who is, to say it nicely, a challenge. She makes bad decisions, is sneaky, and she's not always honest. I've known her for so long that I understand why she is the way she is and I don't blame her. I didn't talk to her for a few years but I never completely walked away. Sometimes I want to shake the sense into her. Other times, I'm at wits end with her. Yet, for some reason, I have not ended our friendship. Maybe I am in her life for a reason. Time will tell.

If you're questioning the value of a friendship, maybe you're on to something. We want to connect with people and these connections need to be positive, uplifting, and nurturing. They should make us feel good, and if they don't it might be time to move on. Please use the questionnaire listed next in the resource section.

"Anything is possible when you have the right people there to support you."

-Misty Copeland

