

How to Talk to a Friend

FRIEND A: HEY! WHAT'S UP? HOW WAS YOUR WEEKEND?

FRIEND B: IT WAS OKAY, PETER AND I WENT TO THAT CONCERT LAST NIGHT, IT WAS OUR FIRST CONCERT AS A COUPLE.

FRIEND A: OH COOL! IT MUST HAVE BEEN NICE TO FINALLY GET OUT TOGETHER AFTER THE LOCKDOWN.

FRIEND B: YEAH, I GUESS SO...

FRIEND A: IS EVERYTHING OKAY? I DIDN'T THINK YOU'D BE THIS DOWN AFTER A NIGHT OUT.

FRIEND B: WELL ACTUALLY... UHH, THIS IS KIND OF AWKWARD BUT YOU KNOW HOW I'VE MENTIONED THAT PETER CAN GET REALLY MAD SOMETIMES?

FRIEND A: YEAH, I REMEMBER.

FRIEND B: WELL, WE GOT INTO A STUPID ARGUMENT BECAUSE MY SHOES GOT MUD IN HIS CAR AND YOU KNOW HOW MUCH HE LOVES THAT THING. THINGS GOT PRETTY HEATED AND HE ENDED UP SHOVING ME INTO THE SIDE OF HIS CAR.

FRIEND A: OH MY GOSH. I'M SO SORRY THAT HAPPENED? ARE YOU OKAY? WHAT HAPPENED AFTER THAT?

FRIEND B: I JUST FROZE. HE STARTED APOLOGIZING ALMOST IMMEDIATELY AFTER AND WAS THE NICEST HE'S EVER BEEN TO ME AFTER IT HAPPENED. I DIDN'T WANT TO RUIN THE NIGHT SO I TRIED TO JUST LET IT GO.

FRIEND A: HAVE YOU TOLD ANYONE ELSE?

FRIEND B: NO, JUST YOU. I CAN'T REALLY TELL MY PARENTS BECAUSE THEY THINK PETER AND I ARE JUST FRIENDS.

FRIEND A: YOU DESERVE TO BE TREATED BETTER. IF YOU'RE STILL FEELING DOWN ABOUT IT MAYBE YOU CAN TALK TO THE SCHOOL COUNSELOR, I'VE HEARD SHE'S SUPER HELPFUL WITH THIS KIND OF THING. AND, IF YOU'RE NERVOUS ABOUT IT, I CAN GO WITH YOU TO THE COUNSELOR'S OFFICE.

FRIEND B: THANKS, THAT REALLY MEANS A LOT TO ME. IT'S TOUGH BECAUSE I CAN'T IMAGINE LIFE WITHOUT HIM. I HAVE A LOT TO THINK ABOUT....

FRIEND A: I UNDERSTAND. BUT PLEASE KNOW I AM HERE FOR YOU.

Some Other Helpful Tips

LISTEN: DON'T MAKE THE CONVERSATION ABOUT YOU. LET YOUR FRIEND KNOW YOU ARE THERE TO SUPPORT THEM AND THEN LISTEN PATIENTLY AND BE SUPPORTIVE.

DON'T PUSH: ALLOW YOUR FRIEND TO TALK AND SHARE AS THEY FEEL COMFORTABLE. DON'T MAKE THEM TALK ABOUT THEIR RELATIONSHIP IF THEY AREN'T READY.

DON'T BLAME: EMPHASIZE THAT ABUSE IS NEVER THEIR FAULT AND THAT THEY DESERVE TO BE TREATED WITH RESPECT. UNDERSTAND THAT AN ABUSIVE RELATIONSHIP CAN BE DIFFICULT TO LEAVE. CONTINUE TO BE SUPPORTIVE EVEN IF THEY ARE NOT ABLE TO LEAVE THE RELATIONSHIP RIGHT AWAY.

SELF-CARE: SUPPORTING A FRIEND THROUGH A TOUGH SITUATION LIKE THIS CAN BE REALLY DRAINING. MAKE SURE YOU ARE TAKING TIME TO TAKE CARE OF YOURSELF TOO.

IDENTIFY RESOURCES: HELP YOUR FRIEND IDENTIFY ADDITIONAL RESOURCES AND SUPPORT SYSTEMS THAT CAN HELP THEM THROUGH THIS TOUGH TIME.