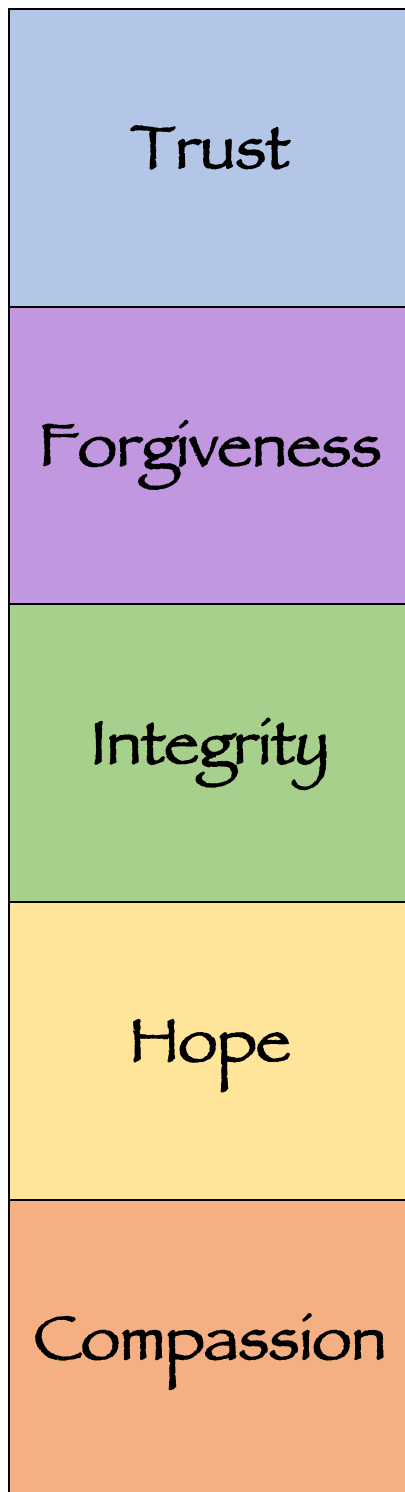


Five Building Blocks for quality Friendships



Trust others and be trustworthy –

Keep personal sharing confidential unless you think someone is going to get hurt

When mistakes are made, forgive yourself and others.

Forgiving doesn't mean what they did was okay, it means you are choosing to not be hurt by it.

Be who you say you are

Do what you say you will do

Build hope in others and in yourself.

Focus on the good things and be thankful.

Notice needs in those around you and offer help. Eg "You don't look yourself today. RUOK?"