

## MY FRIENDS UNDERSTAND ME

An important part of life is having people around me who are like me. Knowing I have friends who care about me is a wonderful feeling. My friends always want me to succeed and be happy.

The people close to me cheer me on and push me to excel at work. They also wish me the best in my relationships with others and hope my life is happy. When I am down, or things aren't going well, they are there for me, then, too. I feel great solace, knowing that my friends understand me.

I know my friends understand me because I see them listening when we communicate. They comment on what I say and reflect my thoughts back to me. My friends offer a shoulder to lean on if I am struggling to get through a challenging time.

Sometimes, my friends are simply present for me. They sit silently, saying nothing. Their eyes and their presence tell me, "I understand you and you are going to be okay."

If I lose my patience or show a lack of faith in something, one of my friends might say something like, "I have felt the same way. I know what you mean." I am comforted greatly by this.

Today, I am grateful that my friends truly understand me. I feel great joy and peace, knowing I have people to talk to who have both the time and interest to devote to understanding me.

## REFLECTION QUESTIONS

**1**

How can I deepen my connections with friends who truly understand me?

**2**

What qualities make my friends good listeners and supportive companions?

**3**

How does having friends who understand me contribute to my sense of well-being and happiness?