



**I choose friendships that align with my beliefs .**

**I look at my friends as extended family. I share unspoken love and support with my true friends. They are an integral part of my life because we understand each other.**

**Choosing friendships that align with my beliefs helps keep the energy around me positive. Positive energy helps me to grow from strength to strength.**

**Having friends with similar beliefs makes it easier for me to converse. I can discuss ideas, solutions, and plans with my friends. I know their input comes from a sincere place.**

**I humbly take the advice of my closest friends. They're always honest with me, and I appreciate that. Plus their advice is based on the same ideals I believe in, so I know it's always good advice. They also rely on me to provide beneficial advice, for the same reasons.**

**Choosing positive friends who share my core values makes me feel secure. It is a great feeling to know that there are people in my life whom I can always trust and rely on.**

**Today, my friendships are as important to me as my family, although in a different way. My true friends bring a different perspective to life than my family. I gladly accept them in my life because they help to enrich my soul.**

### **Self-Reflection Questions :**

- 1. Is it easy for me to confront a friend about something inappropriate they do?**
- 2. Are there times when my friends challenge my beliefs? How do I respond?**
- 3. Am I as supportive of my friends as they are of me?**