

Healthy vs. Unhealthy Friendships

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Healthy friendships are like a warm blanket on a cold day. They provide comfort, support, and a sense of belonging. Unhealthy friendships, on the other hand, are like a heavy burden that weighs you down. They drain your energy and leave you feeling exhausted and stressed.

Healthy friendships are built on trust, respect, and mutual support. They are based on honesty and open communication. Unhealthy friendships are often based on manipulation, jealousy, and self-interest. They are characterized by dishonesty and a lack of respect for boundaries.

Healthy friendships are a source of joy and happiness. They bring a smile to your face and a sense of peace to your heart. Unhealthy friendships are a source of pain and suffering. They bring a frown to your face and a sense of despair to your heart.

Healthy friendships are like a garden that flourishes with care and attention. They require time, effort, and nurturing. Unhealthy friendships are like a weed that grows in the cracks of a sidewalk. They are easy to spot and even easier to pull out.

Healthy friendships are a source of strength and resilience. They help you overcome challenges and bounce back from setbacks. Unhealthy friendships are a source of weakness and vulnerability. They make you feel like you can't handle anything on your own.

Healthy friendships are a source of inspiration and motivation. They encourage you to reach for your dreams and strive for excellence. Unhealthy friendships are a source of negativity and doubt. They make you feel like you are not good enough and that your dreams are out of reach.

Healthy friendships are a source of love and affection. They make you feel valued and appreciated. Unhealthy friendships are a source of rejection and isolation. They make you feel like you are not wanted and that you are alone in the world.

Healthy friendships are a source of wisdom and guidance. They help you see things from a different perspective and provide you with valuable advice. Unhealthy friendships are a source of confusion and misinformation. They make you feel like you are being misled and that you are making poor choices.

Healthy friendships are a source of fun and laughter. They bring a sense of joy and amusement to your life. Unhealthy friendships are a source of stress and tension. They make you feel like you are always on edge and that you are never truly relaxed.

Healthy friendships are a source of stability and security. They provide you with a sense of safety and a place to turn when you need it. Unhealthy friendships are a source of instability and insecurity. They make you feel like you are always walking on a tightrope and that you are never truly safe.

Healthy friendships are a source of growth and development. They challenge you to become a better person and to reach your full potential. Unhealthy friendships are a source of stagnation and regression. They make you feel like you are stuck in a rut and that you are not growing or improving.

Healthy friendships are a source of hope and optimism. They help you see the bright side of life and believe in a better future. Unhealthy friendships are a source of despair and pessimism. They make you feel like the future is bleak and that there is no hope for a better tomorrow.

Healthy friendships are a source of peace and harmony. They bring a sense of calm and tranquility to your life. Unhealthy friendships are a source of conflict and discord. They make you feel like you are always at odds and that you are never truly at peace.