

# Healing Broken Friendships Talk – Preparation Sheet

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Thank you for agreeing to share a witness talk on your experience of a breakdown in a friendship and of how the friendship was restored.

Please be ready to speak for approximately 5 to 10 minutes. You and your friend will each have separate opportunities to share your stories. After your talks you may be asked to answer questions from the group. Use the following outline to help you prepare your talk:

- **Share some background on your friendship. How long have you known each other? How did you meet? What did you like about the person to want to be his or her friend?**
- **Tell about the conflict. What caused it? How long did it go on? What was your relationship like as the conflict was taking place? What is the worst thing that happened in the midst of the conflict? How did you express (or not express) your anger to your friend?**
- **Explain how the conflict was resolved. Who took the first step toward reconciliation? What problems did you have to work through before the conflict could be solved? How did forgiveness help you to resolve your differences?**
- **Talk about your current relationship. How successful have you been in putting the conflict completely behind you? In this case, do you feel it is possible to forgive and forget? In what ways is your friendship better than it was before?**