

TIPS FOR SMOOTHING OVER DIFFERENCES WITH FRIENDS

1. Think about what's bothering you. Practice what you want to say to a friend. (Talking to someone other than your friend first—a parent or teacher—can help.)
2. Talk with your friend about how you feel in a calm way. Don't blame.
3. Listen to what your friend has to say. Get his side of things. The whole problem may be one big misunderstanding.
4. Come up with a solution that you both can live with. Apologize to each other if you need to.
5. Think about the good things in your friendship. This can help put conflicts in perspective.