

# BEST FRIENDSHIP QUOTES

It is all right your saying you do not need other people, but there are a lot of people who need you.

--Sherwood Anderson

If you go looking for a friend, you're going to find they're very scarce. If you go out to be a friend, you'll find them everywhere.

—Zig Ziglar

Be friends with everybody. When you have friends you will know there is somebody who will stand by you. You know the old saying, that if you have a single enemy you will find him everywhere. It doesn't pay to make enemies. Lead the life that will make you kindly and friendly to every one about you, and you will be surprised what a happy life you will live.

--Charles M. Schwab

The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.

--Pearl S. Buck

There is no doubt that paper is patient and as I don't intend to show this cardboard-covered notebook, bearing the proud name of 'diary,' to anyone, unless I find a real friend, boy or girl, probably nobody cares. And now I come to the root of the matter, the reason for my starting a diary: it is that I have no such real friend.

--Anne Frank

If a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it.

--Edgar Watson Howe

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

--Dale Carnegie

Don't wait for others to be friendly—show them how!

--Unknown

If you were another person, would you like to be a friend of yours?

-- Unknown

My best friend is the one who brings out the best in me.

--Henry Ford

Blessed is the influence of one true, loving human soul on another.

--George Eliot

Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.'

—C. S. Lewis

Life is short. Cut out the negativity, forget gossip, say goodbye to people who don't care. Spend time with the people who are always there.

—*lessonslearnedinlife.com*

I don't like that man. I must get to know him better.

—Abraham Lincoln

From that time on, the world was hers for the reading. She would never be lonely again, never miss the lack of intimate friends. Books became her friends and there was one for every mood. There was poetry for quiet companionship. There was adventure when she tired of quiet hours. There would be love stories when she came into adolescence, and when she wanted to feel a closeness to someone she could read a biography. On that day when she first knew she could read, she made a vow to read one book a day as long as she lived.

—Betty Smith

I can't control your behavior; nor do I want that burden...but I will not apologize for refusing to be disrespected, to be lied to, or to be mistreated. I have standards; step up or step out.

—Seve Maraboli

Sometimes I feel discriminated against, but it does not make me angry. It merely astonishes me. How can any deny themselves the pleasure of my company? It's beyond me.

—Zora Neale Hurston

Love is friendship set on fire.

--Jeremy Taylor

Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry and die, it can introduce the idea that if we try and understand each other, we may even become friends.

—Maya Angelou

How strange is the lot of us mortals. Each of us is here for a brief sojourn for what purpose he knows not, though he senses it. But without deeper reflection one knows from daily life that one exists for other people.

—Albert Einstein

We have no more right to put our discordant states of mind into the lives of those around us and rob them of their sunshine and brightness than we have to enter their houses and steal their silverware.

--Julia Moss Seton

You don't ever have to feel guilty about removing toxic people from your life. It doesn't matter whether someone is a relative, romantic interest, employer, childhood friend, or a new acquaintance — you don't have to make room for people who cause you pain or make you feel small. It's one thing if a person owns up to their behavior and makes an effort to change. But if a person disregards your feelings, ignores your boundaries, and 'continues' to treat you in a harmful way, they need to go.

—Daniell Koepke

What men call good fellowship is commonly but the virtue of pigs in a litter which lie close together to keep each other warm.

—Henry David Thoreau

I don't have many friends, not the living, breathing sort at any rate. And I don't mean that in a sad and lonely way; I'm just not the type of person who accumulates friends or enjoys crowds. I'm good with words, but not the spoken kind; I've often thought what a marvelous thing it would be if I could only conduct relationships on paper. And I suppose, in a sense, that's what I do, for I've hundreds of the other sort, the friends contained within bindings, pages after glorious pages of ink, stories that unfold the same way every time but never lose their joy, that take me by the hand and lead me through doorways into worlds of great terror and rapturous delight. Exciting, worthy, reliable companions—full of wise counsel, some of them—but sadly ill-equipped to offer the use of a spare bedroom for a month or two.

— Kate Morton

If you spend time with crazy and dangerous people, remember – their personalities are socially transmitted diseases; like water poured into a container, most of us eventually turn into – or remain – whoever we surround ourselves with. We can choose our tribe, but we cannot change that our tribe is our destiny.

—Stefan Molyneux

If you hang out with chickens, you're going to cluck and if you hang out with eagles, you're going to fly.

—Steve Maraboli

Surround yourself with those who bring out the best in you, not the stress in you.

—Unknown

Elementary school: 30 friends. Middle school: 20 friends. High school: 10 friends. College: 3 real friends.

—*peanutbutterquotes.com*

You realize how much you truly miss someone when something happens, good or bad, and the only person you want to tell is the one person who isn't there.

—Unknown

I used to think that friends were the people that you could laugh and talk to. Now I know that friends aren't that, they're the people that touch your heart. You could spend hours with them doing nothing at all and it can be the best time of your life, just because it was with them. They're the people you can share your secrets with, cry with, laugh with, and just have fun with. They don't judge you or make you change. They accept you exactly as you are.

—*facebook.com/theidealists*

I feel like my life is so scattered right now. Like it's all the small pieces of paper and someone's turned on the fan. But, talking to you makes me feel like the fan's been turned off for a little bit. Like things could actually make sense. You completely unscatter me, and I appreciate that so much.

—John Green

A single rose can be my garden... a single friend, my world.

—Leo Buscaglia

I do not want a friend who smiles when I smile, who weeps when I weep, for my shadow in the pool can do better than that.

—Confucius

The child is surrounded by so much authority, so much school, so much dignity, so much law, that it would have to break down under the weight of all these restraints if it were not saved from such a fate by meeting with a friend.

--Dr. Wilhelm Stekhel

No birth certificate is issued when friendship is born. There is nothing tangible. There is just a feeling that your life is different and that your capacity to love and care has miraculously been enlarged without any effort on your part. It's like having a tiny apartment and somebody moves in with you. But instead of becoming cramped and crowded, the space expands, and you discover rooms you never knew you had until your friend moved in with you.

--Steve Tesich

What makes friendships different for young people today: the nefarious Fear of Missing Out. It's because of FOMO that 20-somethings are so focused on their smartphone screens, so preoccupied with potential friends that they forget to be with the friends they already have. The FOMO mentality is leading millennials to become smartphone-addled cyber-sluts, constantly texting and emailing, always on the prowl for the next better thing.

--Robin Marantz Henig

A true friend sees the first tear... catches the second... and stops the third.

--Unknown

When it hurts to look back, and you're afraid to look ahead, you can look beside you and your best friend will be there.

--Unknown

There are three kinds of friends: best friends, guest friends, and pest friends.

--Laurence J. Peter

A true friend walks in when the rest of the world walks out.

--Walter Winchell

Friends are God's apology for relations.

--Hugh Kingsmill

To have no friends at all is the worst state of man. To have only one good friend is enough.

--David Viscott, M.D.

True friendship comes when silence between two people is comfortable.  
--Dave Gentry

A friend is:

a push when you've stopped.  
a word when you're lonely.  
a guide when you're searching.  
a smile when you're sad.  
a song when you're glad.

--Unknown

If you have one true friend, you have more than your share.  
--Thomas Fuller

Little do men perceive what solitude is, and how far it extendeth. For a crowd is not company, and faces are but a gallery of pictures, and talk but a tinkling cymbal, where there is no love.

--Francis Bacon

Some people may still have their first dollar, but the man who is really wealthy is the fellow who still has his first friend.

--E. C. Mckenzie

Almost all of our relationships begin and most of them continue as forms of mutual exploitation, a mental or physical barter, to be terminated when one or both parties run out of goods.

--W. H. Auden

Don't lead me; I may not follow. Don't walk behind me; I may not lead. Walk beside me and be my friend.

--Albert Camus

We gain nothing by being with such as ourselves: we encourage each other in mediocrity. I am always longing to be with men more excellent than myself.

--Charles Lamb

Friendship is a single soul dwelling in two bodies.

--Aristotle

One friend in a lifetime is much; two are many; three are hardly possible.  
--Henry Adams

I am a part of all that I have met.

--Alfred, Lord Tennyson

The reward of friendship is itself. The man who hopes for anything else does not understand what true friendship is.

--Saint Ailred of Rievaulx

Who seeks a faultless friend remains friendless.

--Turkish Proverb

There is nothing we like to see so much as the gleam of pleasure in a person's eye when he feels that we have sympathized with him, understood him, interested ourselves in his welfare. At these moments something fine and spiritual passes between two friends. These moments are the moments worth living.

--Don Marquis

He has no friend who has many friends.

--Aristotle

Chance makes our parents, but choice makes our friends.

--Jacques Delille

Friendship is a 50-50 deal but to be sure of keeping a dear friend, don't be afraid to go 51 per cent of the way once in a while.

--Kay Phelan

Most folks make more enemies by what they say than friends by what they do.

--Unknown

Some arresting advice: 'If you want to be popular, live so that a blind person would like you.' Lasting popularity depends not on a pretty face or being handsome, but upon inner qualities that communicate themselves to others through media other than sight.

—*The Pepper Box*

To find a friend one must close one eye. To keep him—two.

--Norman Douglas

One's friends are that part of the human race with which one can be human.

--George Santayana

Enemies could become the best of companions. Companionship is based on a common interest, and the greater the interest the closer the companionship. What makes enemies of people, if not the eagerness, the passion for the same thing?

--Bernard Berenson

He makes no friend who never made a foe.

--Alfred, Lord Tennyson

A friend in power is a friend lost.

--Henry Brook Adams

Do not rely completely on any other human being, however dear. We meet all life's greatest tests alone.

--Agnes Macphail

You cannot be friends upon any other terms than upon the terms of equality.

--Woodrow Wilson

How often we find ourselves turning our backs on our actual friends, that we may go and meet their ideal cousins.

--Henry David Thoreau

Without friends no one would choose to live, though he had all other goods.

--Aristotle

Love demands infinitely less than friendship.

--George Jean Nathan

There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first...when you learn to live for others, they will live for you.

--Paramahansa  
Yogananda

Don't tell your friends their social faults; they will cure the fault and never forgive you.

--Logan Pearsall Smith



The best-loved man or maid in the town would perish with anguish could they hear all that their friends say in the course of a day.

--John Hay

Whoever gossips to you will gossip of you.

--Spanish proverb

Make yourself necessary to somebody.

--Ralph Waldo Emerson

The one absolutely unselfish friend that a man can have in this selfish world, the one that never deserts him, and the one that never proves ungrateful or treacherous, is his dog.

--George G. Vest

A friend is a person with whom I may be sincere. Before him I may think aloud.

--Ralph Waldo Emerson

Friendship is seldom lasting, but between equals, or where the superiority on one side is reduced by some equivalent advantage on the other.

--Samuel Johnson

We like new acquaintances, not so much that we are wearied of our old friends, or that we enjoy change, but because of our disappointment at not being sufficiently admired by those who know us too well and because of a hope that people who know us less intimately may admire us more.

--La Rochefoucauld

You may talk all you please of the misfortune of being 'old and alone,' but I tell you that approaches not one degree the misfortune of being young and alone.

--Thomas Wolfe

To associate with other like-minded people in small purposeful groups is for the great majority of men and women a source of profound psychological satisfaction. Exclusiveness will add to the pleasure of being several; and secrecy will intensify it almost to ecstasy.

--Aldous Huxley

It is easier to forgive an enemy than a friend.

--Austin O'Malley

If two friends ask you to be judge in a dispute, don't accept, because you will lose one friend; on the other hand, if two strangers come with the same request, accept, because you will gain one friend.

--Saint Augustine

There is no man that imparteth his joys to his friends, but that he joyeth the more; and no man that imparteth his griefs to his friends, but he grieveth the less.

--Francis Bacon

Give and take makes good friends.

--Scotch Proverb

I confess that, for myself, I never enter a new company without the hope that I may discover a friend, perhaps the friend, sitting there with an expectant smile. That hope survives a thousand disappointments.

--A. C. Benson

Nothing changes your opinion of a friend so surely as success—yours or his.

--Franklin P. Jones

It is easier to visit friends than to live with them.

--Chinese Proverb

The friends who fail you are always replaced by new ones who appear at the critical moment and from the most unexpected quarters.

--Henry Miller

None is so rich as to throw away a friend.

--Turkish Proverb

Do not wish your friends much good fortune, if you do not want to lose them.

--Baltasar Gracian

Friends are lost by calling often and calling seldom.

--Scotch Proverb

The friendships which last are those wherein each friend respects the other's dignity to the point of not really wanting anything from him.

--Cyril Connolly

Friendship will not stand the strain of very much good advice for very long.

--Robert Lynd

I always felt that the great high privilege, relief and comfort of friendship was that one had to explain nothing.

--Katherine Mansfield

Good friendships are fragile things and require as much care as any other fragile and precious things.

--Randolph Bourne

Our friends are chosen for us by some hidden law of sympathy, and not by our conscious wills.

--Randolph Bourne

The chain of friendship, however bright, does not stand the attrition of constant close contact.

--Sir Walter Scott

I cannot concentrate all my friendship on any single one of my friends because no one is complete enough in himself.

--Anaïs Nin

Friendship is an art, and very few persons are born with a natural gift for it.

--Kathleen Norris

If we were all given by magic the power to read each other's thoughts, I suppose the first effect would be to dissolve all friendships.

--Bertrand Russell

An old man, a superior of mine, once, in a moment of great trouble, came for refuge to my room and there burst into tears; that was a moment of happy agony, a moment of perfect friendship.

--Alban Goodier

Friendship takes time, and we have no time to give it.

--Agnes Repplier

The holy passion of Friendship is of so sweet and steady and loyal and enduring a nature that it will last through a whole lifetime, if not asked to lend money.

--Mark Twain

It is not what you give your friend, but what you are willing to give him, that determines the quality of friendship.

--Mary Dixon Thayer

What brings joy to the heart is not so much the friend's gift as the friend's love.

--Saint Ailred of Rievaulx

One friend, one person who is truly understanding, who takes the trouble to listen to us as we consider our problem, can change our whole outlook on the world.

--Dr. Elton Mayo

A wise man may look ridiculous in the company of fools.

--Thomas Fuller

Knowing sorrow well, I learn the way to succor the distressed.

--Virgil

If I had to choose between betraying my country and betraying my friend, I hope I should have the guts to betray my country.

--E. M. Forster

A friend that you buy with presents will be bought from you.

--Thomas Fuller

It is easy enough to be friendly to one's friends. But to befriend one who regards himself as your enemy is the quintessence of true religion. The other is mere business.

--Mohandas K. Gandhi

There is a scarcity of friendship, but not of friends.

--Thomas Fuller

To know someone here or there with whom you can feel there is an understanding in spite of distances or thoughts unexpressed—that can make of this earth a garden.

--Goethe

A friend is someone who knows all about you and still loves you.

--Elbert Hubbard

Friends laugh at your silliest jokes, put up with your worst moods, go along with your craziest ideas, and always see the best in you.

—Internet Meme

There is nothing better than the encouragement of a good friend.

--Katharine Butler  
Hathaway

If you have no enemies, you are apt to be in the same predicament in regard to friends.

--Elbert Hubbard

A broken friendship may be soldered, but will never be sound.

--Thomas Fuller

That man travels the longest journey that undertakes it in search of a sincere friend.

--Ali Ibn-Abi-Talib

A new friend is like new wine; when it has aged you will drink it with pleasure.

--Apocrypha

I keep my friends as misers do their treasure, because, of all the things granted us by wisdom, none is greater or better than friendship.

--Pietro Arentino

My best friend is the man who in wishing me well wishes it for my sake.

--Aristotle

Friendship is like money, easier made than kept.

--Samuel Butler

A man must eat a peck of salt with his friend before he knows him.

--Cervantes

Friendship makes prosperity more brilliant, and lightens adversity by dividing and sharing it.

--Cicero

What a delight it is to make friends with someone you have despised!

--Colette

The firmest friendships have been formed in mutual adversity, as iron is most strongly united by the fiercest flame.

--Charles Caleb Colton

True friendship is like sound health; the value of it is seldom known until it be lost.

--Charles Caleb Colton

It is one of the blessings of old friends that you can afford to be stupid with them.

--Ralph Waldo Emerson

Every man passes his life in the search after friendship.

--Ralph Waldo Emerson

The only way to have a friend is to be one.

--Ralph Waldo Emerson

We do not so much need the help of our friends as the confidence of their help in need.

--Epicurus

Real friendship is shown in times of trouble;  
prosperity is full of friends.

--Euripides

Friends show their love  
in times of trouble, not in happiness.

--Euripides

Have friends. 'Tis a second existence.

--Baltasar Gracian

Friendship multiplies the good of life and divides the evil. 'Tis the sole remedy against misfortune, the very ventilation of the soul.

--Baltasar Gracian

Friends provoked become the bitterest of enemies.

--Baltasar Gracian

No real friendship is ever made without an initial clashing which discloses the metal of each to each.

--David Grayson

Your friend is the man who knows all about you, and still likes you.

--Elbert Hubbard

Friendship, like credit, is highest where it is not used.

--Elbert Hubbard

One of the principal functions of a friend is to suffer (in a milder and symbolic form) the punishments that we should like, but are unable, to inflict upon our enemies.

--Aldous Huxley

However rare true love may be, it is less so than true friendship.

--La Rochefoucauld

A true friend is the greatest of all blessings, and that which we take the least care of all to acquire.

--La Rochefoucauld

It's no good trying to keep up old friendships. It's painful for both sides. The fact is, one grows out of people, and the only thing is to face it.

--W. Somerset Maugham

Friendship either finds or makes equals.

--Publilius Syrus

The friendship that can come to an end, never really began.

--Publilius Syrus

Sooner or later you've heard all your best friends have to say. Then comes the tolerance of real love.

--Ned Rorem

To like and dislike the same things, this is what makes a solid friendship.

--Sallust

I cannot love a friend whose love is words.

--Sophocles

Life is partly what we make it, and partly what it is made by the friends whom we choose.

--Tehyi Hsieh

The proper office of a friend is to side with you when you are in the wrong. Nearly anybody will side with you when you are in the right.

--Mark Twain

He's my friend that speaks well of me behind my back.

--Thomas Fuller

No man can be happy without a friend, nor be sure of his friend till he is unhappy.

--Thomas Fuller

The best mirror is an old friend.

--German Proverb

Thou shalt love thy neighbor as thyself.

--*Leviticus* 19:18

Associate with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.

--George Washington

Never refuse any advance of friendship, for if nine out of ten bring you nothing, one alone may repay you.

--Madame de Tencin

Do not protect yourself by a fence, but rather by your friends.

--Czech Proverb

The light of friendship is like the light of phosphorus, seen plainest when all around it is dark.

--Isaiah Crowell

Our friends see the best in us, and by that very fact call forth the best from us.

—Hugo Black

Friendship is the only cement that will ever hold the world together.

--Woodrow Wilson



One cannot depend on woman's friendship, for she gives everything to love.  
--Epigram

The best way to keep your friends is to never owe them anything and never lend them anything.  
--Paul de Kock

Endeavour, as much as you can, to keep company with people above you.  
--Lord Chesterfield

Be the tail of lions rather than the head of foxes.  
--*Babylonian Talmud*

Pleasures afford more delight when shared with others; to enjoy them in solitude is a dreary thing.  
--Dio Chrysostom

Birds of a feather flock together.  
--William Turner

It is better to have one friend of great value than many friends who are good for nothing.  
--Anacharsis

The friends of my friends are my friends.  
--French Proverb

Of all the means to insure happiness throughout the whole of life, by far the most important is the acquisition of friends.  
--Epicurus

Friendship adds a brighter radiance to prosperity and lightens the burden of adversity by dividing and sharing it.  
--Cicero

Complete unity of aim is the traditional condition of genuine and sincere friendship.  
--Cicero

Life is to be fortified by many friendships. To love, and to be loved, is the greatest happiness of existence.  
--Sydney Smith

Friendship is one mind in two bodies.

--Mencius

Tell me whom you frequent, and I will tell you who you are.

--French Proverb

It is my rule, from experience, to remember my friend may become my enemy, and my enemy my friend.

--Sophocles

God looks after the friendless.

--Arab Proverb

If everyone knew what they all said about each other, there would not be four friends left in the world.

--Blaise Pascal

He who has nothing has no friends.

--Greek Proverb

It is better in times of need to have a friend rather than money.

--Greek Proverb

He who looks for advantage out of friendship, strips it of all its nobility.

--Seneca

There is nothing on this earth more to be prized than true friendship.

--St. Thomas Aquinas

Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious.

--St. Thomas Aquinas

A friend in need is a friend indeed.

--Plautus

There is no wilderness like a life without friends; friendship multiplies blessings and minimizes misfortunes; it is a unique remedy against adversity, and it soothes the soul.

--Baltasar Gracian

We shall never have friends, if we expect to find them without fault.

--Thomas Fuller

Kinsmen may help, but friends do so much better.

--Walther von der  
Vogelweide

Don't ask of your friends what you yourself can do.

--Quintus Ennius

He that has many friends, has no friends.

--Aesop

A friend to all is a friend to none.

--Thomas Fuller

Without wearing any mask we are conscious of, we have a special face for each friend.

--Oliver Wendell  
Holmes, Sr.

Have no friends not equal to yourself.

--Confucius

We secure our friends not by accepting favors but by doing them.

--Thucydides

No guest is so welcome in a friend's house that he will not become a nuisance after three days.

--Plautus

Prosperity makes friends, adversity tries them.

--Publilius Syrus

The friendship that can cease has never been real.

--St. Jerome

A true friend thinks of you when all others are thinking of themselves.

--Unknown

A friend is one who is there to care.

--Unknown

Friends are those who speak to you after others don't.

--Unknown

Friendships will last if they are put first.

--Unknown

Friendship that is bought will not stay bought; sooner or later there will be a higher bidder.

--Unknown

If a man does not make new acquaintances as he advances through life, he will soon find himself left alone. A man, sir, should keep his friendship in a constant repair.

--Samuel Johnson

I look upon every day to be lost, in which I do not make a new acquaintance.

--Samuel Johnson

Fate chooses our relatives; we choose our friends.

--Jacques Delille

Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.

--Anaïs Nin

I do then with my friends as I do with my books. I would have them where I can find them, but I seldom use them.

--Ralph Waldo Emerson

A man's friendships are, like his will, invalidated by marriage—but they are also no less invalidated by the marriage of his friends.

--Samuel Butler

No man is useless while he has a friend.

--Robert Louis Stevenson

Only solitary men know the full joys of friendship. Others have their family; but to a solitary and an exile his friends are everything.

--Willa Sibert Cather

Be a friend to thyself, and others will be so too.

--Thomas Fuller

The path of social advancement is, and must be, strewn with broken friendships.

--H. G. Wells

We are fools to depend upon the society of our fellow-men. Wretched as we are, powerless as we are, they will not aid us; we shall die alone.

--Blaise Pascal

Life without a friend is death without a witness.

--Spanish Proverb

He will never have true friends who is afraid of making enemies.

--William Hazlitt

The essence of friendship is entireness, a total magnanimity and trust.

--Ralph Waldo Emerson

I never met a man I didn't like.

--Will Rogers

Friends are the thieves of time.

--Francis Bacon

A friend married is a friend lost.

--Henrik Ibsen

Try never to be the smartest person in the room. And if you are, I suggest you invite smarter people or find a different room. In professional circles, it's called networking. In organizations, it's called team building. And in life, it's called family, friends, and community. We are all gifts to each other, and my own growth as a leader has shown me again and again that the most rewarding experiences come from my relationships.

—Michael Dell

The most I can do for my friend is simply to be his friend.

--Henry David Thoreau

If you want enemies, excel others; if you want friends, let others excel you.

--Charles Caleb  
Colton

We should ever conduct ourselves towards our enemy as if he were one day to be our friend.

--John Henry  
Newman

It takes your enemy and your friend, working together, to hurt you to the heart; the one to slander you and the other to get the news to you.

--Mark Twain

Instead of loving your enemies, treat your friends a little better.

--E. W. Howe

Friends are like melons. Shall I tell you why?

To find one good, you must a hundred try.

--Claude Mermet

We walk alone in the world. Friends, such as we desire, are dreams and fables.

--Ralph Waldo Emerson

No company is far preferable to bad, because we are more apt to catch the vices of others than their virtues, as disease is more contagious than health.

--Charles Caleb Colton

It is meet that noble minds keep ever with their like; for who so firm that cannot be seduced.

--William Shakespeare

Friendships are fragile things, and require as much care in handling as any other fragile and precious thing.

--Randolph S. Bourne

Friendship improves happiness, and abates misery, by doubling our joy, and dividing our grief.

--Joseph Addison

It is great to have friends when one is young, but indeed it is still more so when you are getting old. When we are young, friends are, like everything else, a matter of course. In the old days we know what it means to have them.

--Edvard Grieg

He alone has lost the art to live who cannot win new friends.

--S. Weir Mitchell

What an argument in favor of social connections is the observation that by communicating our grief we have less, and by communicating our pleasure we have more.

--Sir Fulke Greville

He that communicates his secret to another makes himself that other's slave.

--Baltasar Gracian

We like people in proportion to the good we do them and not to the good they do us.

--Laurence Sterne

Thy friendship oft has made my heart to ache; do be my enemy—for friendship's sake.

--William Blake

Friendship without self-interest is one of the rare and beautiful things of life.

--James F. Byrnes

The happiest business in all the world is that of making friends,  
And no investment on the street pays larger dividends,  
For life is more than stocks and bonds, and love than rate percent,  
And he who gives in friendship's name shall reap what he has spent.

--Unknown

Show me a genuine case of platonic friendship, and I shall show you two old or homely faces.

--Austin O'Malley

Acquaintance: a degree of friendship called slight when its object is poor or obscure, and intimate when he is rich or famous.

--Ambrose Bierce

A home-made friend wears longer than one you buy in the market.

--Austin O'Malley

Give me one friend, just one, who meets  
The needs of all my varying moods.

--Esther M. Clark

Think where man's glory most begins and ends,  
And say my glory was I had such friends.

--William Butler Yeats

Friendship is neither a formality nor a mode: it is rather a life.

--David Grayson

The best way to keep your friends is not to give them away.

--Wilson Mizner

But friendship is precious, not only in the shade, but in the sunshine of life; and  
thanks to a benevolent arrangement of things, the greater part of life is sunshine.

--Thomas Jefferson

Friendship is almost always the union of a part of one mind with a part of another:  
people are friends in spots.

--George Santayana

Friendship is always a sweet responsibility, never an opportunity.

--Kahlil Gibran

The rotten apple spoils his companion.

--Benjamin Franklin

If you have no enemies, you are apt to be in the same predicament in regard to  
friends.

--Elbert Hubbard

The friend of a fool is a fool. The friend of a wise person is another wise person.

--*The Husia*

If all men knew what others say of them, there would not be four friends in the  
world.

--Blaise Pascal



The little trouble in the world that is not due to love is due to friendship.

--Ed Howe

Don't tell your friends their social faults; they will cure the fault and never forgive you.

--Logan Pearsall Smith

If we were all given by magic the power to read each other's thoughts, I suppose the first effect would be to dissolve all friendships.

--Bertrand Russell

It's important to our friends to believe that we are unreservedly frank with them, and important to friendship that we are not.

--Mignon McLaughlin

Friendship is love minus sex and plus reason. Love is friendship plus sex and minus reason.

--Mason Cooley

An important key to friendship is reliability. Be true to your word, to our promises, to your commitments.

--J. Donald Walters

With every true friendship we build firmly the foundations on which the peace of the whole world rests.

--Mahatma Gandhi

Surround yourself with winners; winners affect you; losers infect you.

--John D. Rockefeller

Don't walk in front of me...

I may not follow.

Don't walk behind me...

I might not lead.

Just walk beside me  
and be my friend.

--Unknown

A friend is one who knows you as you are, understands where you've been, accepts who you've become...and still, gently invites you to grow.

--Unknown

One thousand friends are too little,  
One enemy is too many.

--Turkish Proverb

Friendship is a plant which must often be watered.

--German Proverb

Friendships aren't perfect and yet they are very precious. For me, not expecting perfection all in one place was a great release.

--Letty Cottin Pogrebin

Be slow to choose a friend—slower in changing.

--Benjamin Franklin

Friendship makes prosperity more shining and lessens adversity by dividing and sharing it.

--Cicero

A man cannot be said to succeed in this life who does not satisfy one friend.

--Henry D. Thoreau

A friend to everybody is a friend to nobody.

--Aristotle

The golden rule of friendship is to listen to others as you would have them listen to you.

--David Augsburger

Be civil to all; sociable to many; familiar with few; friend to one; enemy to none.

--Benjamin Franklin

Friendship is like health: its value is seldom known until it is lost.

--Charles Caleb Colton

Be slow in choosing a friend, slower in changing.

--Benjamin Franklin

The quality of your life will be determined by the quality of the people in your life.  
--Unknown

Any time friends have to be careful of what they say to friends, friendship is taking on another dimension.

--Duke Ellington

What is a Friend?...It is a person with whom you dare to be yourself.

--Frank Crane

A friend is someone who leaves you with all your freedom intact, but obliges you to be fully what you are.

--John L'Heureux

Your friend is your needs answered—he is your field which you sow with love and reap with thanksgiving.

--Kahlil Gibran

A friend is a person who reveals to you that you are not alone in the world...by turning out (beyond hope) to share all your most secret delights.

--C. S. Lewis

We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindnesses, there is at last one which makes the heart run over.

--James Boswell

Friendship consists of a willing ear, an understanding heart and a helping hand.

--Frank Tyger

Friendship is like a bank account. You can't continue to draw on it without making deposits.

--Unknown

Your choice of friends reflects your character.

--Dan L. Miller

What I cannot love, I overlook. Is that not real friendship?

--Anaïs Nin

A woman can become a man's friend only in the following stages—first an acquaintance, next a mistress, and only then a friend.

--Anton Chekhov

When the character of a man is not clear to you, look at his friends.

--Japanese Proverb

I have always detested the belief that sex is the chief bond between man and woman. Friendship is far more human.

--Agnes Smedley

All we can do is make the best of our friends, love and cherish what is good in them, and keep out of the way of what is bad.

--Thomas Jefferson

Nothing can match the treasure of common memories, of trails endured together, of quarrels and reconciliations and generous emotions.

--Antoine de Saint  
Exupéry

No love, no friendship, can ever cross our path without affecting us in some way forever.

--François Mauriac

As I love nature, as I love singing birds and gleaming stubble, and flowing rivers, and morning and evening, and summer and winter, I love thee, my friend.

—Henry David Thoreau

What is a friend? I will tell you. It is a person with whom you dare to be yourself.

--Frank Crane

I do not wish to treat friendships daintily, but with roughest courage. When they are real, they are not glass threads or frostwork, but the solidest thing we know.

—Ralph Waldo Emerson

What do we live for, if not to make life less difficult for each other.

--George Eliot

Prosperity makes friends, adversity tries them.

--Publilius Syrus

The happiest miser on earth is the man who saves up every friend he can make.

--Robert Emmet  
Sherwood

The best way to eliminate any enemy is to make him a friend.

--John M. Capozzi

Confidence is the only bond of friendship.

--Publilius Syrus

In prosperity, our friends know us; in adversity, we know our friends.

--John Churton Collins

Personal relationships are the fertile soil from which all advancement, all success, all achievement in real life grows.

--Ben Stein

Before borrowing money from a friend it's best to decide which you need most.

--Joe Moore

Oh, the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts nor to measure words but to pour them all out, just as it is, chaff and grain together, knowing that a faithful hand will take and sift them, keeping what is worth keeping, and then, with the breath of kindness, blow the rest away.

--George Eliot

People's lives change. To keep all your old friends is like keeping all your old clothes —pretty soon your closet is so jammed and everything so crushed you can't find anything to wear. Help these friends when they need you; bless the years and happy times when you meant a lot to each other, but try not to have the guilts if new people mean more to you now.

--Helen Gurley Brown

In my friend, I find a second self.

--Isabel Norton

Shared joy is double joy, and shared sorrow is half-sorrow.

--Swedish Proverb

The truth is friendship is every bit as sacred and eternal as marriage.

--Katherine Mansfield

Whenever a friend succeeds, a little something in me dies.

--Gore Vidal

He that lies down with dogs shall rise up with fleas.

—Benjamin Franklin

The ability to form friendships, to make people believe in you and trust you is one of the few absolutely fundamental qualities of success. Selling, buying, negotiating are so much smoother and easier when the parties enjoy each other's confidence. The young man who can make friends quickly will find that he will glide instead of stumble through life.

--John J. McGuirk

There's a heap o' consolation  
In the handclasp o' a friend;  
It can wipe out desolation,  
An' bring heartaches to an end;  
It can soothe a troubled spirit  
Like no magic in the land;  
Heaven? You are pretty near it—  
When a good friend grips your hand!

--James Edward  
Hungerford

A fool always finds a bigger fool to admire him.

--Nicolas  
Boileau-Despréaux

Motherly advice: don't confide in your girl friend.

--Clare Boothe Luce

God gives us our relatives; thank God we can choose our friends.

--Ethel Watts Mumford

Small kindnesses are the food of friendship.

--Madame du Barry

Friendship is like earthenware: once broken, it can be mended; love is like a mirror: once broken, that ends it.

--Josh Billings

To accept a favor from a friend is to confer one.

--John Churton Collins

The feeling of friendship is like being comfortably filled with roast beef; of love, like being enlivened with champagne.

--Samuel Johnson

What is the opposite of two?

A lonely me, a lonely you.

--Richard Wilbur

You just can't predict the course of friendship among girls at this age (9-12). There's a need—varying in intensity according to the individual—for Gibraltar-like attachments in this betwixt-and-between period. Impressive sophistication and maturity exist side by side with fearsome anxiety about the changing body, the person-to-be. The 'best friends' are anchors against these tides of confusion....Girls need the support and backing of a group to relieve their anxieties about who they are and who they're going to be.

--Stella Chess

The conflict between the need to belong to a group and the need to be seen as unique and individual is the dominant struggle of adolescence.

--Jeanne Elium and Don  
Elium

Friendships in childhood are usually a matter of chance, whereas in adolescence they are most often a matter of choice.

--David Elkind

It is through friendships that teenagers learn to take responsibility, provide support, and give their loyalty to non-family members. It is also in teenage friendships that young people find confidants with whom to share thoughts and feelings that they are not comfortable sharing with their parents. Such sharing becomes one of the elements of true intimacy, which will be established later.

--David Elkind

Peer pressure is not a monolithic force that presses adolescents into the same mold....Adolescents generally choose friends whose values, attitudes, tastes, and families are similar to their own. In short, good kids rarely go bad because of their friends.

--Laurence Steinberg

Men talk, but rarely about anything personal. Recent research on friendship... has shown that male relationships are based on shared activities: men tend to do things together rather than simply be together....Female friendships, particularly close friendships, are usually based on self-disclosure, or on talking about intimate aspects of their lives.

--Bettina Arndt

Close friends contribute to our personal growth. They also contribute to our personal pleasure, making the music sound sweeter, the wine taste richer, the laughter ring louder because they are there.

--Judith Viorst

Friends broaden our horizons. They serve as new models with whom we can identify. They allow us to be ourselves—and accept us that way. They enhance our self-esteem because they think we’re okay, because we matter to them. And because they matter to us—for various reasons, at various levels of intensity—they enrich the quality of our emotional life.

--Judith Viorst

To keep friends, always give your candied opinion.

--Evan Esar

A true friend remains a friend even when you don’t deserve to have a friend.

--Evan Esar

No friendship is as intimate as that of girl for girl, and no enmity as intense as that of woman for woman.

--Walter Savage Landor

The friendship of two women is always a plot against a third.

--Evan Esar

A stranger is a friend whose acquaintance you haven’t made yet.

--Evan Esar



Nothing strengthens a friendship as much as the conviction by each one that he is superior to the other.

--Honore de Balzac

Time makes friendship stronger, but love weaker.

--La Bruyère

When someone asked Abraham Lincoln, after he was elected president, what he was going to do about his enemies, he replied, 'I am going to destroy them. I am going to make them my friends.'

--Abraham Lincoln

Stand with anybody that stands RIGHT. Stand with him while he is right and PART with him when he goes wrong.

--Abraham Lincoln

A friendship is ultimately a more interesting exploration than a love affair, because it lacks the spur of sex and, one presumes, is forged in a cooler furnace.

--Joe Flaherty

Men kick friendship around like a football, but it doesn't seem to crack. Women treat it like glass and it goes to pieces.

--Anne Morrow  
Lindbergh

Friends aren't any more important than breath or blood to a high school senior.

--Betty Ford

The loss of friends is a tax on age.

--Ninon de Lenclos

A friend may well be reckoned the masterpiece of nature.

--Ralph Waldo Emerson

The most called-upon prerequisite of a friend is an accessible ear.

--Maya Angelou

There are two ways of spreading light. To be the candle or the mirror that reflects it.

--Edith Wharton

Sorrow shared is halved and joy shared is doubled.

--Native American  
Saying

I always felt that the great high privilege, relief, and comfort of friendship was that one had to explain nothing.

--Katherine Mansfield

Treat your friends as you do your pictures, and place them in their best light.

--Jennie Jerome  
Churchill

Only equals can be friends.

--Ethiopian Proverb

He that proclaims many friends declares that he has none.

--John Christopher

Friends have ways of speaking without words.

--Alice Dalgliesh

A friend can tell you things you don't want to tell yourself.

--Frances Ward Weller

Getting people to like you is simply the other side of liking other people.

--Norman Vincent Peale

Friendship is the sweetest form of love.

--Anne Gotlieb

The reason a dog has so many friends is that he wags his tail and not his tongue.

-- Unknown

You will never have a friend if you must have one without faults.

-- American Proverb

A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked

-- Bernard Meltzer

The man with a host of friends who slaps on the back everybody he meets is regarded as the friend of nobody.

--Aristotle

The greatest good you can do for another is not just to share your riches but to reveal to him his own.

--Benjamin Disareli

A friendship can weather most things and thrive in thin soil; but it needs a little mulch of letters and phone calls and small, silly presents every so often—just to save it from drying out completely.

--Pam Brown

Friendship with oneself is all important because without it one cannot be friends with anyone else in the world.

-- Eleanor Roosevelt

Wherever you are, it is your own friends who make your world.

-- William James

He's the kind of friend who will always be there when he needs you.

--Adam Christing

A good friend will help you move, but a true friend will help you move a body.

—Steven J. Daniels

Friend—A person who dislikes the same people you do.

--Unknown

Above our life we love a steadfast friend.

--Christopher Marlowe

A true friend is one who overlooks your failures and tolerates your success!

--Doug Larson

Friends have all things in common.

--Plato

The most important trip you take in life is meeting people half way.

--Henry Boyle

A little drama wins more friends than boring.

--Scott Westerfeld

Indifference and neglect often do much more damage than outright dislike.

--J. K. Rowling

Friends love misery, in fact. Sometimes, especially if we are too lucky or too successful or too pretty, our misery is the only thing that endears us to our friends.

--Erica Jong

It takes a great deal of courage to stand up to your enemies, but even more to stand up to your friends.

--J. K. Rowling

Anybody can sympathize with the sufferings of a friend, but it requires a very fine nature to sympathize with a friend's success.

--Oscar Wilde

A sense of duty is useful in work, but offensive in personal relations. People wish to be liked, not be endured with patient resignation.

--Bertrand Russell

Sometimes being a good friend means being harsh.

--Takayuki Ikkaku

Friends can help each other. A true friend is someone who lets you have total freedom to be yourself—and especially to feel. Or, not feel. Whatever you happen to be feeling at the moment is fine with them. That's what real love amounts to—letting a person be what he really is.

--Jim Morrison

Punctuality or the lack thereof oftentimes is the only introduction one will ever have to new groups and friends. Serenity and poise are not the companions of those who lack the courtesy and judgment to be on time.

—Marvin J. Ashton

Animals are such agreeable friends, they ask no questions, they pass no criticisms.

--George Eliot

Kindness has become its own motive. We are made kind by being kind.

--Eric Hoffer

Those whom you can make like themselves better will, I promise you, like you very well.

--Lord Chesterfield

Blessings come in many ways and the nicest come as friends.

--Unknown

It's the little things that matter, that add up in the end, with the priceless thrilling magic found only in a friend.

--Elizabeth Dunphy

The words that escape a friend's mouth are 'I'll be there when you say you need me' but the words that are unheard from a true friend's heart are 'I'll be there... whether you say you need me or not.'

--*wisdomquotesandstories.com*

Every girl needs a best friend to help her laugh when she thinks she'll never smile again.

--Unknown

Friends are the most important part of your life. Treasure the tears, treasure the laughter, but most importantly, treasure the memories.

--Dave Brenner

We weren't sisters by birth...but we knew from the start, fate brought us together, to be sisters by heart.

--Unknown

Friends are like stars, they come and go, but the ones that stay are the ones that glow.

--Unknown

Assumptions are the termites of relationships.

--Henry Winkler

Never refuse any advance of friendship, for if nine out of ten bring you nothing, one alone may repay you.

--Madame de Tencin

Nothing's better than the wind to your back, the sun in front of you, and your friends beside you.

--Aaron Douglas Trimble

Friendship often ends in love; but love in friendship—never.

--Charles Caleb Colton

Santa Claus has the right idea: visit people once a year.

--Victor Borge

A study conducted in 2009 for *The Economist* found that people with 500 Facebook friends had actual interaction—such as leaving comments on people's walls or 'liking' their links or photos—with an average of just 17 friends for men, 26 for women.

--Robin Marantz Henig

All one really needs in life is two friends, books, and a Pekingese.

—P. G. Wodehouse

A happy life consists of retirement, rural quiet, friendship, books.

--James Thomson

A circle is round, it has no end.  
That's how long you'll be my friend.

--Girl Scouts Song

Count your age by friends, not years. Count your life by smiles, not tears.

--John Lennon

A man's friendships are one of the best measures of his worth.

--Charles Darwin

Life is to be fortified by many friendships. To love and to be loved is the greatest happiness of existence.

--Sydney Smith

A friend is one who has the same enemies as you have.

--Abraham Lincoln

Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.

--Anais Nin

The company of just and righteous men is better than wealth and a rich estate.  
--Euripides

Good friends, good books and a sleepy conscience: this is the ideal life.  
--Mark Twain

Honest good humor is the oil and wine of a merry meeting, and there is no jovial companionship equal to that where the jokes are rather small and laughter abundant.  
--Washington Irving

Friendship is the hardest thing  
In the world to explain.  
It's not something you learn in school,  
But if you haven't learned  
The meaning of friendship,  
You really haven't learned anything

--Muhammed Ali

True friends stab you in the front.

--Oscar Wilde

If all the world hated you and believed you wicked, while your own conscience approved of you and absolved you from guilt, you would not be without friends.  
--Charlotte Bronte

Perhaps the most delightful friendships are those in which there is much agreement, much disputation, and yet more personal liking.  
--George Eliot

It's of great importance to have at least one friend who is in worse shape than you are.

--Bruce Jay Friedman

I have learned that to have a good friend is the purest of all God's gifts, for it is a love that has no exchange of payment.

--Frances Farmer

In times of prosperity friends will be plenty, in times of adversity not one in twenty.  
--English Proverb

Between men and women there is no friendship possible. There is passion, enmity, worship, love, but no friendship.

--Oscar Wilde

There is some self-interest behind every friendship. There is no friendship without self-interests. This is a bitter truth.

--Chanakya

A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.

--William Arthur Ward

The friendships of the world are oft confederacies in vice, or leagues of pleasures.

--Joseph Addison

It takes one person to forgive, it takes two people to be reunited.

--Lewis B. Smedes

Popularity comes from allowing yourself to be bored by people while pretending to enjoy it.

--Karol Newlin

We must take our friends as they are.

--James Boswell

If someone betrays you once, it's their fault; if they betray you twice, it's your fault.

--Eleanor Roosevelt

Friendships are fragile things, and require as much handling as any other fragile and precious thing.

—Randolph Bourne

Youth doesn't need friends—it only needs crowds.

—Zelda Fitzgerald

A friend will tell you she saw your old boyfriend - and he's a priest.

—Erma Bombeck



A friendship can weather most things and thrive in thin soil; but it needs a little mulch of letters and phone calls and small, silly presents every so often—just to save it from drying out completely.

—Pam Brown

If you make it plain you like people, it's hard for them to resist liking you back.

—Lois McMaster Bujold

Friendship is the golden thread that ties the hearts of all hearts of all the world.

—John Evelyn

Few friendships would survive if each one knew what his friend says of him behind his back.

—Blaise Pascal

Shared joys make a friend, not shared sufferings.

—Friedrich Nietzsche

Joyfulness keeps the heart and face young. A good laugh makes us better friends with ourselves and everybody around us.

—Orison Swett Marden

It's better to be yourself and have no friends than to be like your friends and have no self.

—Unknown

A good friend will come and bail you out of jail...but, a true friend will be sitting next to you saying, 'Damn..that was fun!'

—Kate Angell

No one is completely unhappy at the failure of his best friend.

—Groucho Marx

May God defend me from my friends; I can defend myself from my enemies.

—Voltaire

An Oxford University study has found that for every person you fall in love with and accommodate into your life, you lose two close friends.

—Robin Dunbar

The only service a friend can really render is to keep up your courage by holding up to you a mirror in which you can see a noble image of yourself.

—George Bernard Shaw

I find you get out of people what you put into them.

—Jewel Kilcher

Friendships begin because, even without words, we understand how someone feels.

—Joan Walsh Anglund

Nothing endears so much a friend as sorrow for his death. The pleasure of his company has not so powerful an influence.

—David Hume

Like associates with like.

—Marcus Tullius Cicero

Flatterers look like friends, as wolves like dogs.

—George Chapman

He that is thy friend indeed; he will help thee in thy need:  
If thou sorrow, he will weep; if you wake, he cannot sleep;  
Thus of every grief in heart, he with thee doth bear a part.

—Richard Barnfield

Fail, and your friends feel superior. Succeed, and they feel resentful.

—Mason Cooley

You have enemies? Good. That means you've stood up for something, sometime in your life.

—Winston Churchill

Extend a hand whether or not you know it shall be grasped.

—Ryunosuke Satoro

I don't have time for superficial friends. I suppose if you're really lonely you can call a superficial friend, but otherwise, what's the point?

—Courteney Cox

The best kind of people are the ones that come into your life and make you see the sun where you once saw clouds. The people that believe in you so much, you start to believe in you too. The people that love you simply for being you. The once in a lifetime kind of people.

—Unknown

'Tis the only comfort of the miserable to have partners in their woes.

—Miguel de Cervantes

Friendship is love with understanding.

—Ancient Proverb

Friendship may, and often does, grow into love, but love never subsides into friendship.

—Lord Byron

The love of family and the admiration of friends is much more important than wealth and privilege.

—Charles Kuralt

If you are poor, shun association with him who measures men with the yardstick of riches.

—Kahlil Gibran

Remember, the greatest gift is not found in a store nor under a tree, but in the hearts of true friends.

—Cindy Lew

Nobody sees a flower—really—it is so small it takes time—we haven't time—and to see takes time, like to have a friend takes time.

—Georgia O'Keeffe

We are each of us angels with only one wing, and we can only fly by embracing one another.

—Lucretius

The path of social advancement is, and must be, strewn with broken friendships.

—H. G. Wells

If you want to win friends, make it a point to remember them. If you remember my name, you pay me a subtle compliment. You indicate that I have made an impression on you. Remember my name and you add to my feeling of importance.

—Dale Carnegie

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

—Albert Schweitzer

The man who won't loan money isn't going to have many friends—or need them.

—Wilt Chamberlain

The best time to make friends is before you need them.

—Ethel Barrymore

True friends are those who really know you but love you anyway.

—Edna Buchanan

In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.

—Albert Schweitzer

Friends are like melons,  
Shall I tell you why?  
To find one good,  
You must a hundred try.

—Claude Mermet

Hard times will always reveal true friends.

—David Wolfe

Friends are those rare people who ask how we are and then wait to hear the answer.

—Ed Cunningham

A friend is a gift you give yourself.

—Robert Louis Stevenson

Friendship is a pretty full-time occupation if you really are friendly with somebody. You can't have too many friends because then you're just not really friends.

—Truman Capote

True friendship can afford true knowledge. It does not depend on darkness and ignorance.

—Henry David Thoreau

If there ever comes a day where we can't be together, keep me in your heart. I'll stay there forever.

—Winnie the Pooh

We do not regret the loss of our friends by reasons of their merit, but because of our needs and for the good opinion that we believed them to have held of us.

—La Rochefoucauld

Good friends help you find important things when you have lost them...things like your smile, your hope and your courage.

— Doe Zantamata

Think twice before burdening a friend with a secret.

—Marlene Dietrich

Without wearing any mask we are conscious of, we have a special face for each friend.

—Oliver Wendell Holmes

The main things which seem to me important on their own account, and not merely as means to other things, are knowledge, art, instinctive happiness, and relations of friendship or affection.

—Bertrand Russell

If you want to find out who your real friends are, sink the ship. The first ones to jump aren't your friends.

—Marilyn Manson

Good friends are like stars. You don't always see them, but you know they're always there!

—Christy Evans

How lucky I am to have something that makes saying goodbye so hard.

—A. A. Milne

Best friends are people you know you don't need to talk to every day. You don't even need to talk to each other for weeks, but when you do, it's like you never stopped talking.

—Unknown

There is nothing like puking with somebody to make you into old friends.

—Sylvia Plath

Anyone can show up when you're happy. But the ones who stay by your side when your heart falls apart, they are your true friends.

—*facebook.com/be.positive.enjoy.life*

As we grow up, we realize it is less important to have lots of friends and more important to have real ones.

—Amanda McRae

One awesome thing about Eeyore is that even though he is basically clinically depressed, he still gets invited to participate in adventures and shenanigans with all of his friends. And they never expect him to pretend to feel happy, they just love him anyway, and they never leave him behind or ask him to change.

—Unknown

Don't tell me what they said about me. Tell me why they were so comfortable to say it around you.

—Jay Z

Friends pick us up when we fall down, and if they can't pick us up, they lie down and listen for a while.

—Unknown

Friends become our chosen family.

—Valerie McKeehan

A strong friendship doesn't need daily conversation; doesn't always need togetherness. As long as the relationship lives in the heart, true friends will never part.

—*lessonslearnedinlife.com*

A friend who understands your tears is much more valuable than a lot of friends who only know your smile.

—*facebook.com /  
HugsandKisses*

Every one has a friend during each stage of life. But only lucky ones have the same friend in all stages of life.

—*rawforbeauty.com*

As we grow older, we don't lose friends. We just learn who the real ones are.

—*Facebook.com / joyofmom*

I don't have time to worry about who doesn't like me...I'm too busy loving the people who love me.

—*facebook.com / YouAreMyOxy*

Nothing is more dangerous than a friend without discretion; even a prudent enemy is preferable.

—Jean de La Fontaine

One day someone is going to hug you so tight that all of your broken pieces will stick back together.

—Unknown

A good neighbor is a fellow who smiles at you over the back fence, but doesn't climb over it.

—Arthur Baer

Think where man's glory most begins and ends,  
And say my glory was I had such friends.

—William Butler Yeats

Fake trust issues comes from insecurities...  
Real trust issues comes from being screwed over.

—José N. Harris

Those who stick by your side through your worst times are the ones who deserve to be with you through your best times.

—*WomenWorking.com*

Reprove thy friend privately; commend him publicly.

—Solon

If you have family that loves you  
A few good friends  
Food on your table  
And a roof over your head.  
You are richer than you think.

—*purehappyliife.com*

No human relation gives one possession in another...every two souls are absolutely different. In friendship and in love, the two side by side raise hands together to find what one cannot reach alone.

—Kahlil Gibran

Family isn't always blood. It's the people in your life who want you in theirs. The ones who accept you for who you are. The ones who would do anything to see you smile, and who love you no matter what.

—Unknown

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.

—Dr. Seuss

Friends are as companions on a journey, who ought to aid each other to persevere in the road to a happier life.

—Pythagoras

The greatest sweetener of human life is Friendship. To raise this to the highest pitch of enjoyment, is a secret which but few discover.

—Joseph Addison

It is a good thing to be rich and a good thing to be strong, but it is a better thing to be loved by many friends.

—Euripides

I'd walk through fire for my best friend. Well, not fire, that would be dangerous But a super humid room...but not too humid because, you know...my hair.

—Ryan Reynolds



A True Friend's Creed: If you need me, call me. I don't care if I'm sleeping, having my own problems, or angry with you. I'll be there for you.

—Unknown

Sometimes you have to move on without certain people. If they're meant to be in your life, they'll catch up.

—Mandy Hale

Sometimes we have no choice but to remove toxic people from our lives without even an explanation. We're getting too old to be constantly explaining to them what they already know they're doing wrong.

—*WomenWorking.com*

A friend is someone who listens to your bullshit, calls you out on your bullshit, and then continues listening to your bullshit.

—Ged Backland

The *Bible* tells us to love our neighbors, and also to love our enemies; probably because they are generally the same people.

—G. K. Chesterton

For it is mutual trust, even more than mutual interest that holds human associations together. Our friends seldom profit us but they make us feel safe. Marriage is a scheme to accomplish exactly that same end.

—H. L. Mencken

There are no strangers here, only friends you haven't met yet.

—William Butler Yeats.

Of all the things which wisdom acquires to produce the blessedness of the complete life far the greatest is the possession of Friendship.

—Epicurus

A good friendship is a wonderful antidepressant. Relationships are so powerful, we don't always appreciate the many levels at which they affect us.

—Janice Kiecolt-Glaser

Never refuse any advance of friendship, for if nine out of ten bring you nothing, one alone may repay you.

—Madame de Tencin

A true friend doesn't care when you're broke, being a bitch, what you weigh, if your house is a mess, what you drive, about your past, or if your family is filled with crazy people. They love you for who you are.

—Unknown

When you surround yourself with people who look just like you, think just like you, dress just like you, act just like you, then every conversation and everything you engage in will be circular.

—Bill Courtney

True friendship isn't always about who you've known the longest...it's about who came and never left your side.

—Ged Backland

Always leave people better than you found them. Hug the hurt. Kiss the broken. Befriend the lost. Love the lonely.

—Unknown

When someone treats you like you're just one of many options, help them narrow their choice by removing yourself from the equation. Sometimes you have to try not to care, no matter how much you do. Because sometimes you can mean almost nothing to someone who means so much to you. It's not pride – it's self-respect. Don't expect to see positive changes in your life if you surround yourself with negative people. Don't give part-time people a full-time position in your life. Know your value and what you have to offer, and never settle for anything less than what you deserve.

—Unknown

So long as the memory of certain beloved friends lives in my heart, I shall say that life is good.

—Helen Keller

At some of the darkest moments in my life, some people I thought of as friends deserted me some because they cared about me and it hurt them to see me in pain; others because I reminded them of their own vulnerability, and that was more than they could handle. But real friends overcame their discomfort and came to sit with me. If they had not words to make me feel better, they sat in silence (much better than saying, 'You'll get over it,' or 'It's not so bad; others have it worse') and I loved them for it.

—Harold Kushner

One loyal friend is worth ten thousand relatives.

—Euripides

What is the most important thing one learns in school? Self-esteem, support, and friendship.

—Terry Tempest  
Williams

Men are not against you. They are merely for themselves.

--Gene Fowler

My life is a constant battle between wanting to correct grammar and wanting to have friends.

—Internet Meme

A brother may not be a friend, but a friend will always be a brother.

—Benjamin Franklin

How utterly impossible, it is, in hate or in friendship, to fully know another person. We don't. You don't know the person you live with even though you know a lot about them. The constant shuffling of change, and through everything the paradox of ambiguity. We know a version of them. And we know the facts.

—Edna O'Brien

Flattery makes friends, truth enemies.

—Spanish Proverb

Make new friends, but keep the old;  
Those are silver, these are gold.

—Joseph Parry

Friendship, like credit, is highest where it is not used.

—Elbert Hubbard

It is more shameful to distrust one's friends than to be deceived by them.

—François duc de la  
Rochefoucauld

Critics are our friends, they tell us our faults.

--Benjamin Franklin

That perfect tranquillity of life, which is nowhere to be found but in retreat, a faithful friend and a good library.

—Aphra Behn

Most of all, a friend should be mathematical;  
They should multiply the joy,  
Divide the sorrow,  
Subtract the past, and  
Add to tomorrow.  
Calculate the need deep in your heart,  
And always be bigger than the sum of all their parts.

—Unknown

Trust no friend without faults, and love a woman, but no angel.

—Doris Lessing

I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it, friends make life a lot more fun.

—Charles R. Swindoll

I am wealthy in my friends.

—William Shakespeare

Friendship is a living thing that lasts only as long as it is nourished with kindness, empathy and understanding.

—Unknown

Friends aren't any more important than breath or blood to a high school senior.

--Betty Ford

Popularity is a trap. The research is overwhelming. For instance, a study tracking nearly 200 13-year-olds over the course of a decade found that those who acted old for their age by sneaking into movies, forming early romantic relationships, shoplifting, and basing friendships on appearance were considered by their peers to be the popular kids. The 'cool kids,' the same study found, had a 45 percent greater rate of problems due to substance abuse by age 22, and a 22 percent greater rate of criminal behavior, compared with the average teen in the study. Such behavior made the popular group far less socially acceptable as young adults than they were at 13, which suggests that while the cool kids achieved temporary social status, they never developed the skills needed for deep, durable friendships.

—Ron Fournier

Whether it's for a fraternity, sports team, club, or some other selective group, guys put up with ceremonial degradation in order to be accepted, liked, and aligned with the in crowd.

--Scott Smith

Friends don't necessarily make good business or creative partners.

—Joseph Barbera

Most people enjoy the inferiority of their best friends.

—Philip Stanhope

Acquaintance, n. A person whom we know well enough to borrow from, but not well enough to lend to.

—Ambrose Bierce

When you are down and out something always turns up - and it is usually the noses of your friends.

—Orson Welles

To understand a man completely, you would sometimes have to be that person.

--Georg Christoph  
Lichtenberg

Quarrel? Nonsense; we have not quarreled. If one is not to get into a rage sometimes, what is the good of being friends?

—George Eliot

Some people think that most of what women learn about love, connection and friendship is learned between a mother and daughter, and that's the single most important relationship a woman ever has.

--Lauren Kessler

Some people come into our lives and quickly go. Some stay for awhile and leave footprints on our hearts. And we are never, ever the same.

—Flavia

When you die, if you've got five real friends, then you've had a great life.

—Lee Iacocca

Don't flatter yourself that friendship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become. Except in cases of necessity, which are rare, leave your friend to learn unpleasant things from his enemies; they are ready enough to tell them.

--Oliver Wendell Holmes

## MY FRIENDS

There are days when I think to myself, where did I meet my friends at. Most of my friends that I hang around with is involved in smoking pot, taking speeders and some other kinds of drugs.

I'm the only one out of my friends who has never did any kind of drug before in my life. The only thing I have ever tried is drinking, but I only drink once in a great while. I don't drink beer and all the hard stuff, I drink California Coolers.

Most of the time they try to get me to get high or drunk with them. I really don't hang around with them too much anymore because I am always working, so I guess I use for an excuse.

My best friend Tammie, who has a brain tumor always want to go out and party. She gets high and drunk all the time. I don't know why she does it, maybe so everybody will think she's cool, but drinking and getting high is not cool, it is plain stupid.

I thought maybe that by Tammie mixing drugs and alcohol, it may have an effect in on the tumor which is lodged in her brain.

While I'm around her & some other friends while they are high, it seems we can communicate a lot better, but while they are straight, all they are concerned about is getting more drugs in the body. I have a problem with being with them while they are high because they want to get into trouble. I mean I have fun with them, but then they get to the point where they want more excitement, so it's hard on me. I usually just tell them I have to go home or go to work. Usually my excuses work. All my friends, well most of them any way always ask me why I haven't ever tried drugs. I would just tell them that I can have a great time, just like any other person who is on drugs. The only thing is, is that I am not and never will be for the rest of my life. Peer pressure is very stressful to a teenager. It has many effects on us, but in many different ways. Your peers may say 'If you don't do this or that' it will be the end of a very good relationship between you and your friends. Its hard on me because they think I am a total square because I don't do drugs or alcohol. I don't skip school and I get pretty good marks in school They don't understand what it is like for me. All they are concerned about is getting involve in drugs. They don't even try to understand, and I just wish they would.

—Anonymous Teen

The open hand holds more friends than the closed fist.

--Unknown

Beware the flatterer: he feeds you with an empty spoon.

—Cosino DeGregrio

Being honest may not get you a lot of FRIENDS but it'll always get you the RIGHT ONES.

—John Lennon

Friendships, in general, are suddenly contracted; and therefore it is no wonder they are easily dissolved.

—Joseph Addison

Cope? Adapt? Uh, no. These are military kids. They roll with it. I once asked a new student, 'See any familiar faces?' She pointed out various kids and replied, 'Seattle, Tampa, Okinawa, New Jersey.' For military dependents school is literally a non-stop revolving door of old and new friends.

—Tucker Elliot

'You should be nicer to him,' a schoolmate had once said to me of some awfully ill-favored boy. 'He has no friends.' This, I realized with a pang of pity that I can still remember, was only true as long as everybody agreed to it.

—Christopher Hitchens

Good things happen in your life when you surround yourself with positive people.

—Roy T. Bennett

Getting people to like you is merely the other side of liking them.

—Norman Vincent Peale

I had already found that it was not good to be alone, and so made companionship with what there was around me, sometimes with the universe and sometimes with my own insignificant self; but my books were always my friends, let fail all else.

—Joshua Slocum

This book taught me, once and for all, how easily you can escape this world with the help of words! You can find friends between the pages of a book, wonderful friends.

—Cornelia Funke

You are the average of the five people you spend the most time with.

—Jim Rohn

If you surround yourself with the good and righteous, they can only raise you up. If you surround yourself with the others, they will drag you down into the doldrums of mediocrity, and they will keep you there, but only as long as you permit it.

—Mark Glamack

Laughter is the shortest distance between two people.

—Victor Borge

If a book did nothing else for you, other than to save you from the company of other people; if all it did was to deliver you from their gossip, and their dull affairs, and their appalling manners, and their rotten Arabic, and their stupid ideas, and their woefully misguided opinions, and above all, from the need to be polite to them; if a book did nothing more than that, it would still be the best friend you ever had.

—Andrew Killeen

When I think of early friendships, I think not of people but of books. Books were my friends, and more often than not, the characters in the books were my imaginary friends, who stepped out of the pages and walked with me to school or sat in bed with me, talking when I was meant to be asleep. What I mean is reading was my friends. And also I mean that I learned about friendship—patience, slowness, listening, care—from reading and from reading about friendship between people.

—Erin Wunker

Choose an author as you choose a friend.

--Earl of Roscommon

There are no rules for friendship. It must be left to itself. We cannot force it any more than love.

—William Hazlitt

Be as careful of the books you read, as of the company you keep; for your habits and character will be as much influenced by the former as by the latter.

--Paxton Hood

We need people in our lives with whom we can be as open as possible. To have real conversations with people may seem like such a simple, obvious suggestion, but it involves courage and risk.

—Thomas Moore



Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand.

--Karl Menninger

You can win more friends with your ears than with your mouth.

--Harvey Mackay

Everyone hears what you say. Friends listen to what you say. Best friends listen to what you don't say.

—Unknown

One does not make friends. One recognizes them.

—Garth Henrichs

True friends are like diamonds precious but rare. Fake friends are like fall leaves found everywhere.

— Ari Joseph

A friendship founded on business is better than a business founded on friendship.

--John D. Rockefeller

If you want a friend in Washington, get a dog.

--Harry Truman

After a stressful event, we often crave comfort food. Our body is calling for more glucose and simple carbohydrates and fat... And in modern life, people tend to have fewer friends and less support, because there's no tribe. Being alone is not good for the brain.

—John J. Ratey

WARMING UP TO the crèche turned out to be easy. Warming up to the other mothers there isn't. I'm aware that Anglo-American-style instant bonding between women doesn't happen in France. I've heard that female friendships here start out slowly, and can take years to ramp up. (Though once you're finally 'in' with a French woman, you're supposedly stuck with her for life. Whereas your English-speaking insta-friends can drop you at any time.)

—Pamela Druckerman

Wear a smile and have friends; wear a scowl and have wrinkles.

—George Eliot

Neither a borrower nor a lender be:  
For loan oft loses both itself and friend.

—William Shakespeare

There are some people you like immediately, some whom you think you might learn to like in the fullness of time, and some that you simply want to push away from you with a sharp stick.

—Douglas Adams

The world is so empty if one thinks only of mountains, rivers and cities; but to know someone here and there who thinks and feels with us, and though distant, is close to us in spirit - this makes the earth for us an inhabited garden.

—Johann von Goethe

If you eat healthily most of the time you can afford to indulge yourself occasionally, but if you eat nothing but junk, you'll end up not being able to run for a bus without huffing like a steam train. (The only drawback to being super-fit is that centering your life around your quinoa intake and yoga classes often results in an overdose of smugness which may cause your social circle to shrink.)

—Rosie Blythe

Being healthy is a way of life. It's not just about what you feed your body; it's about what you feed your mind and the social environment you keep. Make healthy food choices, exercise your body and brain, and choose your friends wisely.

—Steve Maraboli

My friend, if I could give you one thing, I would wish for you the ability to see yourself as others see you. Then you would realize what a truly special person you are.

—B. A. Billingsly

Nothing is great like friendship on earth, No jewel No pearl has got it's worth. No one except a friend can be trusted, Your life will never ever get rusted.

—Unknown

We've been friends for so long I can't remember which one of us is the bad influence.

—Unknown

The best way to destroy an enemy is to make him a friend.

—Abraham Lincoln

Whenever two human beings spend time together, sooner or later they will probably irritate one another. This is true of best friends, married couples, parents and children, or teachers and students. The question is: How do they respond when friction occurs? There are four basic ways they can react:

- They can internalize the anger and send it downward into a memory bank that never forgets. This creates great pressure within and can even result in disease and other problems.
- They can pout and be rude without discussing the issues. This further irritates the other person and leaves him or her to draw his or her own conclusions about what the problem may be.
- They can blow up and try to hurt the other person. This causes the death of friendships, marriages, homes, and businesses.
- Or they can talk to one another about their feelings, being very careful not to attack the dignity and worth of the other person. This approach often leads to permanent and healthy relationships.

—James C. Dobson

The quarrels of friends are the opportunities of foes.

—Aesop

Children who are without parental guidance and care before and after school are twice as likely as children with care to be users of alcohol. The same relationship holds true for smoking behavior and for marijuana behavior...There also is a strong predictive [link between] a child's friend using drugs—cigarettes, alcohol, marijuana—and that child's risk for subsequent use....One of the best protective factors to help a child ward off drugs is achievement and motivation—being successful in school.

—Dr. William Bukowski

Alcohol is a very effective dissolving agent. It dissolves families, marriages, friendships, jobs, bank accounts and neurons, but never problems.

—Unknown

I don't care if you try beer once, but I hope you won't like it.  
And if a friend offers you a joint or any dope  
I hope you are smart enough to realize he is not your friend.

—Paul Harvey

Another way to get rid of an enemy is to turn him into a friend.

--Evan Esarn

If you aren't drug free, you can't hang with me.

—Slogan

People form close friendships by knowing private things about each other, and the reason most people don't make close friends is because they're too embarrassed to share anything really important about themselves.

—Eliezer Yudkowsky

The man who says what he thinks is sometimes fearless, sometimes artless, but always friendless.

--Evan Esar

If you never lie, your friends will stop speaking to you, and your enemies will think you are lying anyway.

--Unknown

Only enemies speak the truth; friends and lovers lie endlessly, caught in the web of duty.

--Stephen King

For though we love both the truth and our friends, piety requires us to honor the truth first.

—Aristotle

The surest way to be lonesome is to always tell the truth.

--Unknown

The highest compact we can make with our fellow is, 'Let there be truth between us two for evermore.'

--Ralph Waldo Emerson

Human society is founded on mutual deceit: few friendships would endure if each knew what his friend said of him in his absence.

—Blaise Pascal

Nowadays flattery wins friends, truth hatred.

--Terence

I have some friends,  
some honest friends,  
and honest friends are few;  
My pipe of briar,  
my open fire,  
A book that's not too new.

—Robert Service

There is no friendship between those associated in power; he who rules will always be impatient of an associate.

--Lucan

The people to fear are not those who disagree with you, but those who disagree with you and are too cowardly to let you know.

--Napoleon Bonaparte

You are the average of the people you spend the most time with. And that's why it's not always where you are in life, but who you have by your side that matters most. Some people drain you and others provide soul food. Spend more time with nice people who are smart, driven and open-minded about personal growth and opportunity. There's no need to rush into a relationship you are unsure of, or socialize with those who hold you back. Be sure to get in the company of those who feed your spirit, and give the gift of your absence to those who do not appreciate your presence.

—John Geiger

My father and he had one of those English friendships which begin by avoiding intimacies and eventually eliminate speech altogether.

—Jorge Luis Borges

Even if the marriage doesn't last forever, bridesmaids do.

—Christie Hefner

Imagine life as a game in which you are juggling some five balls in the air. You name them work, family, health, friends and spirit—and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls—family, health, friends, and spirit—are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

--Brian Dyson

When you have mental illness it's common to be shunned by your family or friends. It wouldn't happen if they knew the pain you were in.

—Stanley Victor  
Paskavich

To feel completely alone and isolated leads to mental disintegration just as physical starvation leads to death.

—Erich Fromm

From a social psychological standpoint, the selfie phenomenon seems to stem from two basic human motives. The first is to attract attention from other people. Because people's positive social outcomes in life require that others know them, people are motivated to get and maintain social attention. By posting selfies, people can keep themselves in other people's minds. In addition, like all photographs that are posted on line, selfies are used to convey a particular impression of oneself. Through the clothes one wears, one's expression, staging of the physical setting, and the style of the photo, people can convey a particular public image of themselves, presumably one that they think will garner social rewards.

—Mark R. Leary

When you're a kid, you don't think about big stuff that could change your life. You think about small things that might terrify you –like a bad report card or missing a goal in front of all your friends or your friends no longer wanting to play with you. Because that's the biggest stuff you know. The biggest disappointments are all tied to this small little universe of yours, because bigger things cannot fit into a small universe. If you wanted bigger things in there you needed to have more room –or make more room. Perhaps you thought about your parents or your pets dying, which was rare. But all you knew was you would be terribly sad and lonely. And on those occasions when people or pets actually died, someone usually came along and distracted you from feeling too much of your actual feelings. Grownups did that – they never left you alone to feel alone or think alone too much. They tended to think you are too small to know how to think and feel in big heaps, so they took parts of your heap onto themselves. To help – but in the long run –it doesn't help at all. Because if you do not see, or feel or think, or taste the bitter things in life, you don't know they exist. You have not seen enough of the world to know how terrible it could be.

—Adelheid Manefeldt

Do not have evil-doers for friends, do not have low people for friends: have virtuous people for friends, have for friends the best of men.

—George Santayana

Arguments are healthy. They clear the air.

—John Deacon

The absent and the dead have no friends.

--Spanish Proverb

Few things tend more to alienate friendship than a want of punctuality in our engagements.

--William Hazlitt

Nothing is more annoying than a tardy friend.

--Plautus

When friendship disappears then there is a space left open to that awful loneliness of the outside world which is like the cold space between the planets. It is an air in which men perish utterly.

—Hilaire Belloc

It seems to me that trying to live without friends is like milking a bear to get cream for your coffee. It is a whole lot of trouble, and then not worth much after you get it.

—Zora Neale Hurston

You can't ever be really free if you admire somebody too much.

—Tove Jansson

Our attitude towards others determines their attitude towards us.

--Earl Nightingale

There can be no friendship without confidence, and no confidence without integrity.

—Samuel Johnson

Don't lower your standards for anyone. If they can't see the best in you, they don't deserve to be in your life.

—*WomenWorking.com*

Either do as your neighbors do or move away.

--Moroccan Proverb

To go against the dominant thinking of your friends, of most of the people you see every day, is perhaps the most difficult act of heroism you can have.

--Theodore H. White

It takes a great deal of courage to stand up to your enemies, but even more to stand up to your friends.

--J. K. Rowling

May the hinges of our friendship never grow rusty.

—Irish Proverb

People make enemies by complaining too much to their friends.

--Unknown

With true friends...even water drunk together is sweet enough.

—Chinese Proverb

[On sorority life] If I paid for my friends, I surely didn't pay enough.

—Unknown

I make most of my friends through my extracurricular activities.

—Kiernan Shipka

Fear makes strangers of people who would be friends.

—Shirley Maclaine

The way you overcome shyness is to become so wrapped up in something that you forget to be afraid.

—Lady Bird Johnson

Good work and good companions are the building blocks of self-esteem.

--Unknown

Know your worth so you know when to say, 'Yes', and when to say, 'Thank you but no thank you.'

—Sam Owen

When you lack self-esteem it's easy to keep attracting the wrong people into your life.

—Sam Owen

All I have is me, myself and I and we are all getting really tired of each other.

—Carl R. White



Only those persons who learned to like themselves can be generous and friendly with others.

—Les Giblin

Respect yourself enough to walk away from anything that no longer serves you, grows you or makes you happy.

—Robert Tew

Whether you try too hard to fit in or you try too hard to stand out, it is of equal consequence: you exhaust your significance.

—Criss Jami

After it's all said and done, don't you want to grow old with your best friend? At the end of the day, that's who you want to share your life and laughter with. Someone who will be there in hard times to hold you tight. Someone who will fight for your honor and support your decisions. Someone who will encourage your dreams and help you to fulfill them.

--Dannika Dark

In the sea underwater at night when it is the darkest, it is your teammate who swims beside you, always ready to provide you air if you run out, untangle your line if you're caught under a ship, or fend off an unwanted visitor. In the air, it is your teammate who checks your parachute before you jump, who ensures you pull at the right altitude, and it is your teammate who lands beside you in enemy territory. On the land, it is your teammate who walks your flank, covering your six; it is your teammate who lays down a base of fire so you can maneuver against the enemy. And sometimes it is your teammate who lays down his life for yours.

--Admiral William  
McRaven

A war is not won if the defeated enemy has not been turned into a friend.

--Eric Hoffer

Time, which strengthens friendship, weakens love.

--La Bruyère

Passionate love at its most romantic and demanding has already the seeds of death in it....At best it changes and grows into friendship.

--May Sarton

There is no friend like the old friend, who has shared our morning days,  
No greeting like his welcome, no homage like his praise:  
Fame is the scentless sunflower, with gaudy crown of gold;  
But friendship is the breathing rose, with sweets in every fold.

--Oliver Wendell Holmes

Love is the most durable power in the world. Love is the only force capable of  
transforming an enemy into a friend.

--Martin Luther King, Jr.

Greater love has no one than this, than to lay down one's life for his friends.

--*John* 15:13

All love that has not friendship for its base, is like a mansion built upon the sand.

--Ella Wheeler Wilcox

Love is friendship that has caught fire. It is quiet understanding, mutual  
confidence, sharing and forgiving. It is loyalty through good and bad times.  
It settles for less than perfection and makes allowances for human weaknesses.

—Ann Landers

Choose your socks by their color and your friends by their character. Choosing your  
socks by their character makes no sense. Choosing your friends by their color is  
unthinkable.

-- Gary Oldman

Fear not November's challenge bold—  
We've books and friends,  
And hearths that never can grow cold:  
These make amends!

—Alexander L. Fraser

According to a 2010 Pew poll, almost all millennials accept interracial dating and  
marriage—and the younger the person, the more likely that person was to have a  
friend of a different race.

--Caroline Linton

If you want to know who your friends are, get yourself a jail sentence.

—Charles Bukowski

It's a beautiful day, and we walk past boutiques, restaurants, and packed sidewalk cafés....The pair of high-school-age girls walking down Boylston Street, silent, typing. The table of brunchers ignoring their mimosas (and one another) in favor of their screens. The kid in the stroller playing with an iPad. The sea of humans who...on this sparkling Saturday...seem to be, indeed, alone together.

--Megan Garber

We are responsible for our own relationships, their successes, their failures, the good times, the bad times. Take responsibility for creating the relationships that you desire.

—Sam Owen

Young people don't understand why, with so many advantages, they are not happier than they are. They don't form relationships that last. They don't expect anything permanent with one another. But the longing never goes away: everybody dreams of what life would be if one were loved.

--Saul Bellow

We are a peaceful people, and it is well for us to remember that we rely on friendship and good will, not on force and threats of force, to extend our influence and win adherence to our international proposals.

--Charles Evans Hughes

'I' cannot reach fulfillment without 'thou.' The self cannot be self without other selves. Self-concern without other-concern is like a tributary that has no outward flow to the ocean.

—Martin Luther  
King, Jr.

What sweetness is left in life, if you take away friendship? Robbing life of friendship is like robbing the world of the sun. A true friend is more to be esteemed than kinsfolk.

—Marcus Tullius Cicero

Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation.

--Oscar Wilde

Only choose in marriage a woman whom you would choose as a friend if she were a man.

--Joseph Joubert

She is but half a wife that is not, nor is capable of being, a friend.

--William Penn

Relationships--of all kinds--are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost.

--Kaleel Jamison

If we take matrimony at it's lowest, we regard it as a sort of friendship recognised by the police.

—Robert Louis Stevenson

Marry your best friend. I do not say that lightly. Really, truly find the strongest, happiest friendship in the person you fall in love with. Someone who speaks highly of you. Someone you can laugh with. The kind of laughs that make your belly ache, and your nose snort. The embarrassing, earnest, healing kind of laughs. Wit is important. Life is too short not to love someone who lets you be a fool with them. Make sure they are somebody who lets you cry, too. Despair will come. Find someone that you want to be there with you through those times. Most importantly, marry the one that makes passion, love, and madness combine and course through you. A love that will never dilute—even when the waters get deep, and dark.

—N'tima

You're as good as the people you're with.

—Brian M. Bendis

When people are lonely, they stoop to any companionship.

—Lew Wallace

Platonic friendship: The interval between the introduction and the first kiss.

--Sophie Irene Loeb

Prospective brides ought to be told that while a man will stand a great deal of criticism of himself from a woman, he will not accept criticism of his friends from her. The first is merely a reflection on his temperament, the second on his judgment, which is a much more vital area.

--Sydney J. Harris

The success of any man with any woman is apt to displease even his best friends.  
--Madame de Stael

We can have only one real love, but many tender friendships.  
--Christina of Sweden

Choose as a wife only the woman whom you would choose as a friend if she were a man.  
—Joseph Joubert

No woman ever hates a man for being in love with her, but many a woman hates a man for being a friend to her.  
—Alexander Pope

The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.  
—*boardofwisdom.com*

I feel sorry for people who maintain relationships and friendships detrimental to their mental health.  
Everyone is guilty of it at one time or another—but the idea is to strive to be your best; right?  
So, meanwhile why are so many people faking it? Security? Fear of loneliness? Fears of independence? Fears of being self? Or just the idea that you can make someone change?  
Regardless of the justifications you give & treat yourself to... , I hope all of you—'new year-new me types' strive for self care, honest and pure friendships and relationships based of love—and not based off the fake realities of your mind. These delusions of what you hope for instead of what's there, where you and your puppet show master focus more on everyone else and less on self. To change the world you must start within. But you must first BE HONEST with yourself.

--Tiffany Luard

As of late I've found physical attraction is no longer enough. I need genuine connection. I need to undress the layers of a soul before I feel a desire to tear away any clothes. Passion remains the fire, but now intimacy strikes the match, and friendship has become the fuel.

—Beau Tapli

## NOW I KNOW

I never knew, when you lost your  
child,  
What you were going through.  
I wasn't there, I stayed away,  
I just deserted you.

I didn't know the words to say,  
I didn't know the things to do.  
I think your pain so frightened me,  
I didn't know how to comfort you.

And then one day my child died.  
You were the first one there.  
You quietly stayed by my side, listened,  
And held me as I cried.

You didn't leave, you didn't go.  
The lesson learned is . . . NOW I KNOW.

—Alice Kerr

Women are evolutionarily predestined not to collaborate with women they are not related to. Women and girls are less willing than men and boys to cooperate with lower-status individuals of the same gender; more likely to dissolve same gender friendships; and more willing to socially exclude one another.

—Joyce Benenson,  
Psychologist

Across a range of behaviors— drinking, dating, spending time unsupervised— 18-year-olds now act more like 15-year-olds used to, and 15-year-olds more like 13-year-olds. Childhood now stretches well into high school.

Are today's teens waiting longer to take on both the responsibilities and the pleasures of adulthood? Shifts in the economy, in parenting, certainly play a role. In an information economy that rewards higher education more than early work history, parents may be inclined to encourage their kids to stay home and study rather than to get a part-time job. Teens, in turn, seem to be content with this homebody arrangement—not because they're so studious, but because their social life is lived on their phone. They don't need to leave home to spend time with their friends.

—Jean M. Twenge

Death is the end of a lifetime, not the end of a relationship.

—Mitch Albom

The number of teens who get together with their friends nearly every day dropped by more than 40 percent from 2000 to 2015; the decline has been especially steep recently. It's not only a matter of fewer kids partying; fewer kids are spending time simply hanging out. That's something most teens used to do; nerds and jocks, poor kids and rich kids, C students and A students. The roller rink, the basketball court, the town pool, the local necking spot—they've all been replaced by virtual spaces accessed through apps and the web.

—Jean M. Twenge

Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on non-screen activities are more likely to be happy.

There's not a single exception. All screen activities are linked to less happiness, and all non-screen activities are linked to more happiness. Eighth-graders who spend 10 or more hours a week on social media are 56 percent more likely to say they're unhappy than those who devote less time to social media. Admittedly, 10 hours a week is a lot. But those who spend 6 to 9 hours a week on social media are still 47 percent more likely to say they are unhappy than those who use social media even less. The opposite is true of in-person interactions. Those who spend an above-average amount of time with their friends in person are 20 percent less likely to say they're unhappy than those who hang out for a below-average amount of time.

If you were going to give advice for a happy adolescence...it would be straightforward; put down the phone, turn off the laptop, and do something — anything— that does not involve the screen.

—Jean M. Twenge

Social networking sites like Facebook promise to connect us to friends. But the portrait of iGen teens emerging from the data is one of a lonely, dislocated generation. Teens who visit social networking sites every day but see their friends in person less frequently are the most likely to agree with the statements 'A lot of the time I feel lonely,' 'I often feel left out of things,' and 'I often wish I had more good friends.' Teens' feelings of loneliness spiked in 2013 and have remained high since.

—Jean M. Twenge

Do not keep on with a mockery of friendship after the substance is gone - but part, while you can part friends. Bury the carcass of friendship: it is not worth embalming.

—William Hazlitt

For all of their power to link kids day and night, social media also exacerbate the age-old teen concern about being left out. Today's teens may go to fewer parties and spend less time together in person, but when they do congregate, they document their hangouts relentlessly—on Snapchat, Instagram, Facebook. Those not invited to come along are keenly aware of it. Accordingly, the number of teens who feel left out has reached all-time highs across age groups. Like the increase in loneliness, the upswing in feeling left out has been swift and significant.

—Jean M. Twenge

Athena told me that when she does spend time with her friends in person, they are often looking at their device instead of at her. 'I'm trying to talk to them about something, and they don't actually look at my face,' she said. 'They're looking at their phone, or they're looking at their Apple Watch.' 'What does it feel like, when you're trying to talk to somebody face-to-face and they're not looking at you?' I asked. 'It kind of hurts,' she said. 'It hurts. I know my parents' generation didn't do that. I could be talking about something super important to me, and they wouldn't even be listening.'

Once, she told me, she was hanging out with a friend who was texting her boyfriend. 'I was trying to talk to her about my family, and what was going on, and she was like, 'Uh-huh, yeah, whatever.' So I took her phone out of her hands and threw it at my wall.'

—Jean M. Twenge

Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good plays, good company, good conversation—what are they? They are the happiest people in the world.

--William Lyon Phelps

Happiness is the only good.  
The place to be happy is here.  
The time to be happy is now.  
The way to be happy is to make others so.

--Robert Ingersoll

Happiness is a by-product of an effort to make some one else happy.

--Gretta Palmer

One can endure sorrow alone, but it takes two to be glad.

--Elbert Hubbard



Sufficient for me are a corner by the hearth, a book, a friend, and time enough for sleep, undisturbed by debts or sorrows.

--Andres Fernandez de  
Andrada

Happiness is not perfected until it is shared with others.

--Jane Porter

True happiness is of a retired nature, and an enemy to pomp and noise; it arises, in the first place, from the enjoyment of one's self; and, in the next, from the friendship and conversation of a few select companions.

--Joseph Addison

Even in the common affairs of life, in love, friendship, and marriage, how little security have we when we trust our happiness in the hands of others!

--William Hazlitt

Grief can take care of itself, but to get the full value of a joy you must have somebody to divide it with.

--Mark Twain

Happiness is the one thing in life that multiplies by division. The more happiness one gives to others the more he has himself.

--Jonah J. Goldstein

True happiness consists not in the multitude of friends, but in the worth and choice.

—Ben Jonson

As we grow up, we learn that the people that weren't supposed to ever let us down, probably will. You'll have your heart broken and you'll break others hearts. You'll blame a new love for things an old one did. You'll fight with with your best friend, and you'll cry because time is flying by, and eventually you'll lose someone you love. So take too many pictures, laugh too much, forgive freely, and love like you've never been hurt. Because every second you spend angry or upset, is a second of happiness you can never get back.

—Andy Biersack

It sounds cliché, but success is your friends, your family, what you do, and if you're happy when you wake up.

—Michael Pitt

I believe the recipe for happiness to be just enough money to pay the monthly bills you acquire, a little surplus to give you confidence, a little too much work each day, enthusiasm for your work, a substantial share of good health, a couple of real friends, and a wife and children to share life's beauty with you.

--J. Kenfield Morley

I..judge success by the time I have for myself, the time I spend with family and friends.

—Brendan Fraser

A hotel isn't like a home, but it's better than being a house guest.

--William Feather

A daughter can metaphorically punch her mother in the face a million times, and mom won't leave. If a daughter does this to her friends, they will leave. Teens act out at home, in part, because they are so comfortable with the love and security of home.

--Lauren Kessler

I desire to so conduct the affairs of this administration that if, at the end...I have lost every friend on earth, I shall have one friend left, and that friend shall be down inside me.

--Abraham Lincoln

False friends are like our shadow, keeping close to us while we walk in the sunshine, but leaving us the instant we cross into the shade.

—Christian Nestell  
Bovee

Be courteous to all, but intimate with few, and let those few be well-trying before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to appellation.

—George Washington

There is no friendship, no love, like that of the mother for the child.

--Henry Ward Beecher

Halloween was the best holiday, in my opinion, because it was all about friends, monsters, and candy, rather than family and responsibility.

--Margee Kerr

After the age of 80, all contemporaries are friends.

—Mmm. De Dino

Have younger friends. At least that way not everyone you know will die before you do.

--Jane Fonda

A slender acquaintance with the world must convince every man that actions, not words, are the true criterion of the attachment of friends.

—George Washington

In this time of relinquishing vanity, I am mindful that some things are far more satisfying than a firm jaw-line or perfect vision or a steel-trap memory. Each other, for example: My friend and I still have each other—and what a comfort that is.

--Elizabeth Berg

Limit contact with a friend who greets you with a yawn and says: 'It won't be long now, right fella?'

--Bruce Jay Friedman

### **THE SENILITY PRAYER**

God grant me the senility to forget  
The people I never liked anyway,  
The good fortune to run into the ones that I do,  
And the eyesight to tell the difference.

—Ron Sims

Old wood best to burn, old wine to drink, old friends to trust, and old authors to read.

—Francis Bacon

Make new friends. In the third act, people leave. Many of them die, if you can imagine. Others move to Colorado. Whatever. Tip: Have a conscious program for making new friends. It can make a huge difference, later especially. Dogs or new pals, remember the basic rule: We're mammals. Snuggle up.

—Chris Crowley and  
Henry S. Lodge

I'm getting so old that all my friends in heaven think that I didn't make it.

—Mary Chambers

'You can't imagine how it is when everyone you know is gone,' someone I knew who was old would say to me, and I would nod, uncomprehending, yes I can, I can imagine; would even think, God forgive me, that there must be a certain peace in outliving all debts and claims, in being known to no one, floating free. I believed that days would be too full forever, too crowded with friends there was no time to see. I believed, by way of contemplating the future, that we would all be around for one another's funerals. I was wrong. I had failed to imagine, I had not understood.

—Joan Didion

The human heart, at whatever age, opens to the heart that opens in return.

—Maria Edgeworth

Friends are the fruitcake of our lives. Some are nutty, some are soaked in alcohol, some are firm, some are sweet, but together, they are great to have in your life.

—Internet Meme

Honest differences of opinion should never be permitted to destroy a friendship.

—Chiam Potok

With so much turmoil in the world, we need each other now more than ever.

—Nicki Porter

I am very careful about who I choose to build memories with. Some of them might last a lifetime.

--Angélica Calheiros

A friend drops their plans when you're in trouble, shares joy in your accomplishments, feels sad when you're in pain. A friend encourages your dreams and offers advice—but when you don't follow it, they still respect and love you.

—Doris Wild Helmering

When I see people who are happy and joyful and of a certain age, I know it's because they know the meaning of life. It's about how you spend your time. It's not about chasing things on life's treadmill. For me, it's about the people who are sitting around my table—my family, my nieces and nephews, my friends.

—Octavia Spencer

Alas! they had been friends in youth; but whispering tongues can poison truth.

—Samuel Taylor  
Coleridge

During President Hoover's last year in office, he was walking down Pennsylvania Avenue with his Secretary of the Treasury, Andrew Mellon. 'Andy,' said the president, 'I came out this morning without a cent in my pockets. Lend me a nickel, will you? I want to call up a friend.' 'Here's a dime,' volunteered Mellon. 'Call both of them!'

—Bennett Cerf

Whoever understands how to do a kindness when he fares well would be a friend better than any possession.

—Sophocles

Friendship based solely upon gratitude is like a photograph; with time it fades.

—Carmen Sylva

People have no idea what a hard job it is for two writers to be friends. Sooner or later you have to talk about each other's work.

—Anatole Broyard

A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

—Saint Basil

At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more deal. You will regret time not spent with a husband, a child, a friend or a parent.

—Barbara Bush

Over 90% of people are no longer friends with somebody they once considered their best friend.

—*theChive*

[College advice] Meet the people on your floor. Make new friends. At least try and become friends with your roommate. You're going to share a bathroom with these people, so you may as well get to know them. For all you know, your roommate could be your maid of honor or best man. But if you make the effort to get to know them and they end up being terrible people...basic human decency is good, too.

—Shea Lazansky

Reading brings us unknown friends.

--Honoré de Balzac

No man can be called friendless who has God and the companionship of good books.

—Elizabeth Barrett  
Browning

Money may be the measure of wealth, but it is far from the only form of it. Family, friends, social networks, personal health, culture, education, and even location are all ways of being rich, too.

—Matthew Stewart

It is not the lack of love, but a lack of friendship that makes unhappy marriages.

—Friedrich Nietzsche

I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend.

—Thomas Jefferson

The only friends I have are the dead who have bequeathed their writings to me—I have no others.

--Thomas Bernhard

I know a way to stay friends forever,  
There's really nothing to it,  
I tell you what to do,  
And you do it.

—Shel Silverstein

Flattery looks like friendship, just like a wolf looks like a dog.

—Unknown

In a bad marriage, friends are the invisible glue. If we have enough friends, we may go on for years, intending to leave, talking about leaving—instead of actually getting up and leaving.

—Erica Jong

You don't just luck into things as much as you would like to think you do. You build step by step, whether it is friendships or opportunities.

—Barbara Bush

I never met a man that I didn't like. When you meet people, no matter what opinions you might have formed about them beforehand, why, after you meet them and see their angle and their personality, why, you can see a lot of good in all of them.

—Will Rogers

In reading, friendship is restored immediately to its original purity. With books there is no forced sociability. If we pass the evening with those friends—books—it's because we really want to. When we leave them, we do so with regret and, when we have left them, there are none of those thoughts that spoil friendship: 'What did they think of us?'—'Did we make a mistake and say something tactless?'—'Did they like us?'—nor is there the anxiety of being forgotten because of displacement by someone else. All such agitating thoughts expire as we enter the pure and calm friendship of reading.

--Marcel Proust

Adversity does teach who your real friends are.

—Lois McMaster Bujold

The academic literature is clear: Longing for closeness and connection is pervasive. Which suggests that most of us are stumbling through the world pining for companionship that could be easily provided by the lonesome stumblers all around us. So... turn to someone nearby, and try to make a friend. You both could probably use one.

—Ben Healy

Wouldn't it be nice, instead of having these women fight with each other over men, which seems to be more of a cliché, wouldn't it be wonderful if they were the true comrades and it took these men much more time to infiltrate their friendships.

—Jennifer Beals

We often choose a friend as we do a mistress—for no particular excellence in themselves, but merely from some circumstance that flatters our self-love.

—William Hazlitt

You can tell friends things you can't tell anyone else. A friend can offer advice that you wouldn't take from anyone else. That's the nature of friendship. Often the friend can help you see your problem more clearly. She may be able to offer a hint that will help solve the problem. Be aware, however, that friends may want to please you and may simply agree with a bad plan you've developed. Activate your crap detector to make sure the advice of a friend rings true.

—Dan L. Miller

Your group of friends are better than any drug or anti-aging supplement.

—Dan Buettner

I leave my house a mess so when friends visit they go home feeling better about their own housekeeping skills.

I'm just that good of a friend.

—Internet Meme

[In college] Make an effort NOT to wear high school gear, put out pictures of a high school crew or sweetheart, or talk constantly about the glory days. Be open to new folks, listen to their stories, and don't box yourself in by your previous life. These subtle messages from your clothes, images, and stories send messages and may turn away folks whom you really want to know or relationships that you want to forge.

—Matthew DeGreeff

If I cannot understand my friend's silence, I will never get to understand his words.

—J. Enoch Powell

The interesting thing about cheating is that it's a window into a kid's soul, and into the family's soul, too. Because so many of these kids are cheating to please their parents—to get a grade, to get into college, whatever. The 100 or so academic integrity cases I dealt with in 20 years as a high school English teacher and in two years as a vice principal in charge of disciplinary matters showed how desperate kids are to please their parents and help their friends.

—Joe Di Prisco

Why did I decide to start a diary today? Has something important happened? Have I discovered that my friends are keeping diaries of their own? No! I just want a friend. Somebody I can talk to about my everyday worries and joys. Somebody who'll feel what I feel, believe what I say and never reveal my secrets. No human being could ever be that kind of friend. Today, my diary, is the beginning of our deep friendship. Who knows how long it will last? It might even continue until the end of our lives.

—Renia Spiegel, Polish  
Teen and  
Holocaust Victim,  
(1939)

Wishing to be friends is quick work, but friendship is a slow-ripening fruit.

—Aristotle



Six processes at work in children who got along with their peers: First, these children were able to communicate clearly and correctly. Second, they exchanged information about themselves and their families. Third, they established common play activities. Fourth, they identified more similarities than differences among one another. Fifth, they could resolve conflicts in a more positive way. Sixth, they could share private thoughts and feelings. Herein lies clues that will help us help children develop friendships and, therefore, experience school success.

—John Gotten and  
Jeffrey Parker

It pained me to imagine how our twosome appeared to others, marked as those kind of girls who belonged to each other. Those sexless fixtures of high school.

—Emma Cline

We are at that age that balances between independence and conferring with your friends about every miniscule decision you make. I've never liked that part of adolescence.

—Tarryn Fisher

'CONFIDENCE' isn't thinking everyone will like you, it's knowing that you'll be just fine even if they don't.

—<https://theheartysoul.com>

Kids without friends are, to use one teacher's words, a living heartbreak. 'Each year I have some children who just can't seem to make friends. They're sad, I'm sad, and I don't know what to do about it.'

Even young children are able to feel what researchers term 'the loneliness of isolation.' And as Janis Bullock, professor of child development at Montana State University in Bozeman, notes, kids without friends often develop negative attitudes toward school. For some children—especially those who are rejected by their classmates day in and day out—school can be a miserable place.

'No one knows how much inner turmoil kids without friends feel,' says an elementary school guidance counselor. 'To recognize kids with these inner problems, we need to look at their outer behavior. For instance, we need to take a second look at the little girl who cowers in a corner alone while her classmates work on a group project, and we need to think about the little boy who sits on the sidelines during recess. Maybe what these kids need most is a friend.'

—Susan Black

Do you know what drives the world? Love, not sex. Love, not money. Love for our children, our mates, our friends, and our family.

—Jennifer Probst

Studies show that children who have trouble making and keeping friends during their early years run a high risk of thinking of themselves as social outcasts—and eventually becoming outcasts—as they move up the grades. And, these studies show, loneliness in early childhood can have long-lasting effects: Lonely kids are more likely to drop out of school, and lonely kids often grow up to be lonely adults.

—Susan Black

Surround yourself with true believers: Get rid of those friends of yours who make fun of you and don't believe in you. When you leave here tonight, go home, make a phone call, and fire them. Anyone who doesn't believe in you and your future, to hell with them.

—Ray Bradbury

'What's the best way to make friends?'

'Tell a woman that you love her, and she says, 'I think we're just friends.'"

—Internet Meme

Having friends or lacking them is just one part of a more complex psychological portrait; to be complete, the portrait needs to include an assessment of the quality of the child's friendships as well as the identity the child's friends.

Five attributes describe the quality of children's friendships: (1) content, or whether friends act in prosocial or antisocial ways when they're together; (2) constructiveness, which describes whether friends settle differences through negotiation or assertion; (3) closeness, which measures the time and types of activities children share with one another; (4) symmetry, or the degree to which children have equal or unequal power in their relationship; and (5) affect, which tells whether the friendship is supportive and secure or whether it is filled with conflicts.

—Willard Hartrup

How a child gets along with other children is 'the single best childhood predictor of adult adaptation.' Friends provide several important functions in child development. First, children who have friends have a much-needed emotional resource—a security system, you might say—that helps them be brave instead of timid. In school, having friends could give a child the courage to sign up for a classroom play or volunteer to explain a math problem in front of the room. A child's confidence, boosted by friends, can also make it easier to meet new people and handle stresses outside of the classroom, such as living in a trouble household. And kids with friends tend to laugh and smile more often, a sign that they're enjoying life and having fun.

—Willard Hartrup

## HOW TO BE A FRIEND

- Initiate contact (by asking about favorite activities, for example)
- Be prosocial (that is, to be kind, considerate, and honest and to keep promises and share)
- Be presentable (show good manners, dress neatly, listen attentively, and have a good sense of humor)
- provide support (study, play, and sit together and pay compliments)

The wrong way to make friends is to be aggressive, which includes being prejudiced, rude, and uncooperative, as well as spreading gossip and being critical. It's also wrong to be negative, which includes acting jealous, self-centered, mean, and hostile, or to be antisocial, which includes fighting, yelling, ridiculing, cheating, and breaking rules.

—Kathryn Wentzel and  
Cynthia Erdley

Like informal peer tutors, friends encourage and help one another on homework and other school projects and activities. In cooperative groups, for instance, students who work with their friends master new learning more readily than students who work with classmates who are not their friends. Friends are a 'unique context' for learning in that they talk to each other more, take more time to work out their differences, and compromise more readily than children who are not friends.

—Willard Hartrup

There's this girl at my school, and nobody likes her because she smells like she takes a shower once upon a Christmas. The teachers can't make you be friends with her or any other person. You chose who you want to be friends with. You wouldn't want to be caught hanging around that person, because they would think you took a shower once upon a Christmas.

—Middle School Student  
Daquan as quoted  
by Kathleen  
Cushman & Laura  
Rogers

I'm not waiting for a hero. I saved myself long ago. I don't need someone to complete me. I am whole alone. I just want a weirdo to go on adventures with. Someone who will dance with me, kiss me when I least expect it and make me laugh. That's it.

—Brooke Hampton

The three most important aspects of school for middle level students are friends, friends, and friends. These students will do almost anything to get—and keep—a friend. Their unspoken motto is, ‘My Friends Can Do No Wrong.’

The ways friends interact varies according to gender. Girls like to discuss intimacies among themselves, sharing their most treasured secrets. Boys tend to emphasize the importance of supporting each other—to the degree that they never ‘rat’ or ‘tell’ on someone else. It is not considered masculine.

Unfortunately, students use hitting to indicate both friendship and enmity, so the wise educator puts hitting into perspective. Boys and girls may both show they ‘like’ each other by hitting, tripping, twisting arms. etc.

—Samuel H. Campbell

Making friends is actually not that hard when you drop every single one of your standards.

—Leila Sales

When I was a teen, I liked to hang out around popular girls, I thought they had some magic, secrets that only they knew and I wanted to learn it... Though pretty soon I realized... popular girls were just like spam... they promised a lot, but only thing they had and could use were their well-built bodies and ability to apply make-up here and there. Mostly they were deceptive and had no senses... they had no idea about friendship, kindness and beauty as it is. Friendship for them was not something more than poor relations, sort of like in God Father. Love for them was not something bigger than sex. Kindness for them was to have a kitty or a dog (which was already very rare case)... And beauty for them was... well, you can imagine. Concentrated selfishness.

—Galina Nelson

You can’t be friends with someone you have feelings for. It’ll just be a constant reminder of what you can’t have. It’s like putting boiling water in an ice cold glass. It’s gonna bust and make a mess.

—Jaime Reed

From the time he was young, he dressed the way you told him to dress; he acted the way you told him to act; he said the things you told him to say. He’s been listening to somebody else tell him what to do... He hasn’t changed. He is still listening to somebody else tell him what to do. The problem is, it isn’t you anymore; it’s his peers.

—Barbara Coloroso

What do you call friends that you go out to eat with? Taste buds.

—*theChive*

The best and most beautiful things in the world cannot be seen or even touched.  
They must be felt with the heart.

—Helen Keller

I have found that when you are deeply troubled, there are things you get from the  
silent devoted companionship of a dog that you can get from no other source.

—Doris Day

Surround yourself with people whose eyes light up when they see you coming.

—Andre De Shields

An agreeable companion on a journey is as good as a carriage.

—Publilius Syrus

Google Home and Amazon's Alexa are digital assistants already installed millions of  
homes and designed for daily conversation: They answer queries and offer advice  
that, especially to children, may seem intelligent, even wise. And they can become a  
solution to the abiding loneliness of the elderly, many of whom interact with these  
devices as friends.

—Henry A. Kissinger,  
Eric Schmidt, and  
Daniel  
Huttenlocher

The greatest healing therapy is friendship and love.

—Hubert H. Humphrey

When the right person hugs you, it's like medicine. I'm so grateful for those few  
people in my life who are good for my soul.

—Steve Maraboli

Friendship: someone you can have honest communication with about everything.

—Berenice Eanes

A friendship founded on business was superior to a business founded on friendship.

—Henry Flagler

Don't let getting lonely make you reconnect with toxic people. You shouldn't drink  
poison just because you're thirsty.

—Internet Meme

Learn to be your own best friend because there's going to be days where no-one is going to be there for you but yourself!!!

—Internet Meme

We don't think parents should police friendships, but we do think it's important to nudge kids to notice classmates who are kind and compassionate. We can ask how those children treat others, and how they make others feel. That's a starting point for developing friendships with children who have compatible values—not ones who stomp all over them. We tell our own children that they shouldn't hang out with the popular kids who sneer and laugh when a classmate trips in the cafeteria. They should get to know the kids who help pick up her tray.

—Adam Grant and  
Allison Sweet  
Grant

Real friends talk shit to your face, and say nice things behind your back.

—*www.askideas.com*

To preserve a friend, three things are necessary: to honor him present, praise him absent, and assist him in his necessities.

—Italian Proverb

People who defend your name when you're not around are the most loyal friends you could ever have.

—Internet Meme

Happiness is meeting an old friend after a long time and feeling that nothing has changed.

—*blog.inspireuplift.com*

Avoiding certain people to protect your emotional health is not weakness. It's wisdom.

—*tinybuddha.com*

Don't be afraid to rock the boat. If someone falls out, then they weren't meant to be in your boat.

—Internet Meme