

HAVE YOU GOT A FRIENDSHIP FIRE?

OR

WAS SOMEONE MEAN-ON-PURPOSE?

NO!

Okay, well, a fire can't be put out on its own. Wait for the right time and **Talk-it-Out**. Otherwise the friendship will continue to get worse and little fires will feel like **BON FIRES!**

YES!

Did you try to **Talk-it-Out**?

1. Retell the situation
2. Explain how you felt

"When....."

"I felt....."

YES!

Did you say your **QUICK COMEBACK** in a strong voice?

NO!

YES!

Did your body language say, **'I'M SERIOUS!'**

NO!

Did the friendship improve on the **Friend-o-Meter**? Even a little bit...?



YES!

NO!

Try this again and be sure to wait for a good time to talk!

YES!

Did you immediately **WALK AWAY**?

NO!

They'll likely do it to you again. **YOU** teach people how to treat you. **SAY IT LIKE YOU MEAN IT!**

NOT REALLY ...

Did you do a good job of **Talking-it-Out**?

YES!

YES!

Did you report to a **GROWN-UP**?

NO!

AMAZING!!

Keep being open and honest. After **Forgive & Forget** you'll be **Closer & Stronger** on the **Friend-o-Cycle!**

You should feel so proud of yourself! It's unlikely this will happen to you again. If it does, follow these same steps. If it happens a third time, **3 strikes = time for a grown-up to intervene!**

It's not too late! Report it so everyone can get the help they need. You did a brilliant job saying your **QUICK COMEBACK!**

There's only one person you can control and **THAT'S YOU!** Maybe this is a sign your friendship is changing (**FF#4**)? Maybe your friend needs more time to **Forgive & Forget**? Try spending less time together and focus on doing what works in this friendship!