

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Relationships (other):

Outside of our family, we have many relationships with ‘other’ people, the most obvious being the people that we call friends. Having a good group of friends can make a huge difference, but sometimes this isn’t the case. Issues

with friends can include:

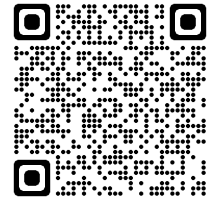
- Arguments (online or offline)
- Bullying or being treated different
- Not making an effort
- Peer pressure to do something
- Being left out or excluded
- Struggles with mental health
- Losing a friendship completely
- ‘Banter’ that feels hurtful

This can lead to:

- Feeling anxious
- Feeling worthless
- Lacking self-esteem and/or self-confidence
- Becoming withdrawn or isolated
- Avoiding school
- Feeling sad
- Feeling disrespected or rejected
- Struggling with embarrassment

## How can I maintain a healthy relationship?

- If possible, talk to your friend about how you feel – maybe they don’t realise how much it’s affecting you.
- Be assertive and learn how to set boundaries. You deserve to be treated well, and with respect at all times.
- Call incidents out when they happen using ‘I statements’ – for example, “It really made me feel \_\_\_\_\_ when \_\_\_\_\_ was said.”
- Take responsibility for your own actions- you may not be innocent either so own your faults and apologise when needed.
- If you’re uncomfortable with doing something, then you are allowed to say NO.
- Remember who you are, and what your values are.
- Surround yourself with people who make you feel good. If you don’t feel good around them, they aren’t the right people for you.
- Understand that in life, it is natural for friendships come and go. People grow apart, and that’s fine!



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

#### Childline

0800 1111

[www.childline.org.uk](http://www.childline.org.uk) (online chat)

#### The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk) (online chat)

### Helpful Resources

[Young Minds: Friends](#)

[Childline: Being Assertive](#)

[The mix: When to end a friendship and when a close friendship ends](#)



Eye to Eye Counselling Service  
Parish Hall, Main Road,  
Llantwit Fardre  
Pontypridd, CF38 1PY

Tel: 01443 202940  
Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

Charity No. 1170631