

# Toxic friends



**ASSIGN  
BUSTER**

Friendship is the most wonderful relationship that anyone can have. Ideally a friend is a person who offers love and respect and will never leave or betray you. Friendship is a beautiful bond that requires a lot of work. A Friendship is a gift from god.

Good morning to my educator and fellow classmates my topic for discussion is the true meaning of friendship in the world we live in today

Life's sloppy... You think you know how tomorrow's going to be, you've made your plans, everything is set in place, and then the unimaginable happens. Life catches you by surprise. It always does. But there's good mixed in with the bad. It's there. You just have to recognize it."

The world has become much more interdependent so that our friends succeeding can now harm us as much as our enemies threatening, and our rivals collapsing can hurt us as much as their rising. It's a world where a cheap YouTube video made by an individual can cause us so much trouble. People have also changed. Humans display dark qualities such as envy, greed, resentment, desire to dominate, Money crazy, Unreliability, these cause bad friendships which are also known as toxic friendships

Toxic friendships stresses you out, uses you, are unreliable, demand too much, and don't give anything back. After spending time in these sorts of friendships you are likely to feel bad about yourself instead of good. Your toxic friend might be someone who tends to be critical of you. Or they might be a friend who drains you emotionally, financially, or mentally, and they're not very good for you.

If you're trying to work out if you are in a toxic friendship; there are a few things you can look out for. Toxic friendships can often involve your friend: generally having an angry attitude toward life gossiping about others reminding you of your past failures acting in a manipulative way. What to do about toxic friendships Start taking better care of yourself and make your own wellbeing more important than the toxic friendship. You don't want to become a negative influence for yourself or others because you haven't been looking after yourself!

Say no when they ask you for something that you don't want to give, and point out to them when they are mean or critical to you. You don't have to feel put down or be unhappy because of someone else, and good friends don't make you feel that way. If they really care about you, they won't want to hurt you and will be willing to change their behaviour. Remember fake friends can cause much more damage to you than a real enemy. Some of the reasons why friendships change are:

1. Additional Love - When friendship is based on some kind of social, financial or professional "benefit" from the other, the equations change as soon as the "benefits" disappear
2. The Chanakya Effect - Chanakya said that true friendship only blossoms when it's between equals. When a friend becomes more successful than the other, comparison starts to set in.
3. Three is crowd - a third person can very well influence a friendship.
4. Ego Battles - Everyone has an ego. Friendship requires ego sacrifice. Unfortunately ego is like an elastic rubber-band. It can only be stretched to a certain extent.

5. Communication Breakdown - when people stop talking to each other openly, misunderstandings start growing. Misunderstandings slowly become mistrust. Friendship is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything. An insincere and evil friend is more to be feared than a wild beast, a wild beast may wound your body, but an evil friend will wound your mind. A friend to all is a friend to none