

On Friendship

Last night I was on the phone with my old college roommate. She recently broke up with her boyfriend and now, she told me, she ended her friendship with Scott, her best friend since fifth grade.

Knowing that Danielle can sometimes be hasty in her decisions to end friendships rather than confront a problem (we once had a similar situation), I asked her if she was sure she was doing the right thing and had actually discussed this with Scott. (I remember the one time, she felt confronting the problem meant unplugging my computer in the middle of a research project and storming out of the apartment.)

She assured me that she had, and that surprisingly enough, Scott agreed the friendship needed to be ended. It was hard, she said. She pushed her two closest friends away. But, she added, she felt good. She felt strong and ready to grow in a new direction.

While I was reflecting on this conversation, I thought about the friendships I have had in my life. Some were good, some bad. Some were mediocre. A few have lasted. However, most have fallen apart either due to lack of communication or lack of need. Sometimes, like the situation above, both parties understand the break. Sometimes, it is unfathomable.

I don't regret much in my life and one of the things I do not regret is saying goodbye to certain friendships. It is this aspect of friendship on which I will focus rather than the friends I still have or the friendships I wish I hadn't severed. These expired relationships often teach us just as much as the other types.

Friends should not demean, belittle, emotionally abuse you, and/or only give and not take. That is the reason several of my friendships have ended. There is also always the friend who takes a separate path or resents you for taking yours. But whatever the reason, friendships end. This is a good thing. Imagine all the emotional baggage, bad memories, and embarrassing people you would need to cart around with you forever.

I have learned from the friendships I have ended and they have all taught me important lessons. From Mandy, I have learned that people might be as supportive and loving as possible, but do it only for their own purposes. Melanie told me that she would rather be Mandy's friend. From John, I realized that some people only want friends when they need them and can control them. Catie taught me that some values and decisions can not be overlooked. Sometimes two people change so much that they can not remain friends.

I do get sad and nostalgic when I remember some of these friendships. There are times that I dearly miss my high school days with Mandy. There are times when I miss the sleepovers with Catie. There are also times when I wish that John and I could have separated responsibilities and feelings. However, when I get the email that begins "I know we haven't talked in two years, but or when I remember the reason the friendship was ended in the first place, I briefly consider rekindling the friendship and then, more often than not, I realize that these times in my life have ended for a reason.

I have, like Danielle will, grown and changed. I have become stronger and more compassionate in my treatment of others. These friends of the past have given me this gift. I am who I am today, because of the friends I no longer have.

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Table of Contents Response Paper Example Essays

1. Understanding the eBook Response Paper Example Essays
 - The Rise of Digital Reading Response Paper Example Essays
 - Advantages of eBooks Over Traditional Books
2. Identifying Response Paper Example Essays
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Response Paper Example Essays
 - User-Friendly Interface
4. Exploring eBook Recommendations from Response Paper Example Essays
 - Personalized Recommendations
 - Response Paper Example Essays User Reviews and Ratings
 - Response Paper Example Essays and Bestseller Lists

5. Accessing Response Paper Example Essays Free and Paid eBooks
 - Response Paper Example Essays Public Domain eBooks
 - Response Paper Example Essays eBook Subscription Services
 - Response Paper Example Essays Budget-Friendly Options
6. Navigating Response Paper Example Essays eBook Formats
 - ePub, PDF, MOBI, and More
 - Response Paper Example Essays Compatibility with Devices
 - Response Paper Example Essays Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Response Paper Example Essays
 - Highlighting and Note-Taking Response Paper Example Essays
 - Interactive Elements Response Paper Example Essays
8. Staying Engaged with Response Paper Example Essays
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Response Paper Example Essays
9. Balancing eBooks and Physical Books Response Paper Example Essays
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Response Paper Example Essays
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Response Paper Example Essays
 - Setting Reading Goals Response Paper Example Essays
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Response Paper Example Essays
 - Fact-Checking eBook Content of Response Paper Example Essays
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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