

## Friendship

Nowadays many people claim that a real friend it is so hard to find because society has changed and people are more interested in materialistic part. Well, a real friendship is more than saying hello, going out together or having fun at the weekends. Real friendship means trust, love, loyalty and respect from both sides. You know you have a true friendship when someone else knows you better than yourself. A real friend stands by you when the times are rough, he supports you and trusts you all the time, helps you deal with stress and you make better lifestyle choices that keep you strong. Real friends do not wait for something in exchange, they encourage us to make the right choices in life, they do not get us into trouble.

According to some recent studies, friendship is very important to our mental health and helps us to develop our self esteem.

In simple words, real and good friends are the ones who are loyal, honest and accept us for who we are during the good and bad times.

I. Read the text and answer the following questions:

1. Why do people think a real friend is hard to find?
2. What does real friendship mean?
3. Do real friends wait for something in exchange?
4. What did recent studies reveal about friendship?
5. What is a good friend?

II. Fill in the blanks using the following words: friendship, loyal, strong, honest, good

1. A recent study revealed that having solid ..... in our life even helps promote brain health.
2. A ..... friend is a person who you value, someone you have fun with.
3. A real friend is ..... and encourages you to make the right choices.
4. Good choices keep us .....
5. Good friends are also ..... They tell you when you're not doing the right things.