How to Maintain a Good Friendship

Everybody knows that having good friends is important. Friends make us laugh, support us when we feel sad and help us enjoy life. However, even the closest friends sometimes have disagreements. Perhaps your best friend forgets your birthday or spends more time with someone else. You may feel disappointed or even jealous. [1] Fortunately, there are several ways to keep your friendships strong and healthy.

Friendships can become particularly difficult during the teenage years. As young people grow older, their interests, personalities and priorities often change. [2] For example, you and your best friend may no longer enjoy the same hobbies or activities. You might prefer playing sports while your friend enjoys reading books. Although these differences can sometimes cause problems, they do not necessarily mean that your friendship has to end.

One of the best ways to maintain a friendship is to spend quality time together. Even if you have different interests, you can still find activities that both of you enjoy. [3] The important thing is to choose something that gives you an opportunity to talk and have fun together. By making time for each other regularly, you can strengthen your friendship and create wonderful memories.

Of course, misunderstandings are a normal part of any relationship. Sometimes your friend may say something that hurts your feelings or forget an important promise. [4] Instead of immediately getting angry, try to understand why your friend behaved that way. Perhaps they were having a difficult day or simply made a mistake. Learning to forgive small mistakes is essential for maintaining a long-lasting friendship.

Communication is another important part of a healthy friendship. If something is bothering you, it is better to discuss the problem calmly rather than keep your feelings to yourself. For instance, if your friend often cancels plans at the last minute, explain how this makes you feel. [5] Remember that a successful friendship requires both people to listen carefully and respect each other's opinions.

Finally, remember that friendship involves compromise. You cannot always expect your friends to agree with everything you say or do. Sometimes you may have to change your plans or try an activity that your friend prefers. [6] When both people are willing to make an effort, their friendship is more likely to survive difficulties and become even stronger over time.

5 **Read the article opposite carefully, ignoring the spaces, and make a note of the main idea of each paragraph.**

First paragraph:

_____

6 **Six sentences have been removed from the article. Choose from the sentences (A–G) the one which fits each gap (1–6). There is one extra sentence which you do not need.**

Use the underlined words in the sentences and in the text to help you.

A It is also important to listen to your friend's explanation and try to understand their point of view.

B These changes can sometimes make it harder for friends to understand each other.

C This could be watching a film, going for a walk or preparing a meal together.

D However, you should try not to let situations like these destroy your friendship.

E In situations like these, it is important to stay calm and avoid saying things you might regret.

F You should always avoid making new friends because they may affect your existing relationships.

G These small sacrifices show that you care about your friend's happiness as well as your own.

Main idea of each paragraph

Paragraph	Main idea
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

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