

**3a Read the article and match sentences a–e in Exercise 1 with paragraphs 1–5.**

- a** They always tell you the truth.
- b** They are good listeners.
- c** They make time for you.
- d** They are loyal and trustworthy.
- e** They make you feel good about yourself.

**The qualities of a real friend**

Real friends are like family. You can always depend on them to be there for you. They are very important for our health and happiness. Here are five key qualities of real friendships.

1. We all lead busy lives, trying to deal with work and family, so it can be difficult to find the time to keep a friendship going. However, real friends always make time for you. They call you to chat about your latest news and take advantage of your shared interests and activities, like going to the cinema or the gym together.
2. Real friends are interested in what you say. They don't just talk about themselves. They listen to you as well, and pay attention to what you say. They don't keep looking at their phones when you're talking.
3. Real friends encourage you and make you feel happy and self-confident. A real friend never makes you feel bad or stupid. When you're feeling sad and depressed, real friends try to make you feel cheerful again.
4. Good friends are honest with you. They tell you when you do something wrong, but they do it in a nice way. They don't do it to be cruel or unkind, but because they want to help you be a better person. This kind of honesty is the sign of real friendship.
5. You can share your personal secrets with a real friend and trust them not to tell other people. You know your secrets are safe with them. And real friends don't say nasty things about you when you're not around.