***Moving Forward When Friendships Have Changed:***

***A Template to Help Us Process***

*There are all kinds of reasons friendships drift apart. Sometimes we change personally or geographically and it impacts the relationship. Other times there is unresolved resentment underneath that never gets addressed and over time builds a wider wedge. Yet other times, there is direct conflict that we fail to resolve and bad feelings linger. Part of our healing and growth is honoring these different relationships and being more honest about them so that so that we can learn from our experiences and continue to grow in our ability to love God, others, ourselves.*

*These questions can help us process some of these friendships so we can move forward, either with them or without them.*

* Describe the friendship. When it was, the basics.
* **A critical first question is:** Is this a relationship that is about forgiveness (the past and needs to be put to rest) or about reconciliation (one that you might want to work on restoring?) Most all of these questions are applicable to both, but a few are specific so keep that in mind. If we aren't sure, sometimes walking through these questions can help us discern more clearly.

* What was good about the friendship? Remember the good things.
* What was hard about the friendship? Be honest about the hard things.
* When you think about this friendship, what are some feelings that are stirred up for you?
* What went awry somehow? How did you drift apart? Was it a conflict or a slow shift or ? Describe it.
* What part did you play in the change? Be honest about our circumstances, ways we've changed (often, when we become healthier the relationship can change), sin, character defects, or ways our woundedness or immaturity played into it.
* How did that friend hurt you? What are some things about it that you remember that are still painful or hard about it?
* If it's forgiveness, what do you need to forgive yourself for when it comes to your part? *I need to forgive myself for....*
* What do you need to forgive them for? Consider how you can do this without their asking. How can you see them through God's eyes? How can you offer them grace? *God, help me forgive them for....*
* What did you learn about yourself through this friendship? What did you learn about others?
* Take some time to honor what you learned from this friendship. Express gratitude for this person and what you gained from your time together.
* Write a blessing for them, one that you don't need to give to them but expresses your heart and hope for them and helps you let go.
* If it's reconciliation, what is your part that you need to own?
* What are you sensing might be a next step that you need to take?