

# Coping with the End of a Friendship

## Objective

To help you cope with and accept the end of a friendship.

## You Should Know

If you've recently ended a friendship, you might feel like it's the end of the world. You might feel confused, hurt, or angry.

Sometimes friendships end just because people grow apart. Other time friendships end because of a hurtful argument. Whatever happened, the end of a friendship can be really painful. It's normal to feel sad, lonely, depressed, or resentful after this happens.

This worksheet will help you cope with and accept a friendship is over, while acknowledging that it was important and meaningful to you.

## What to Do

Answer the following questions.

Who was the friend? \_\_\_\_\_

What happened that caused this friendship to end?

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How are you feeling?

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Do you wish you have done something differently?

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Even though you might feel sad about the friendship you recently lost, write about some other friendships you have and what you can do to strengthen them.

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What qualities do you value in a friend?

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Who can you count on to help you cope with the end of this friendship?

1. 

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2. 

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3. 

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What are five qualities you value in a friend?

1. 

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2. 

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3. 

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4. 

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5. 

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Now, write a letter to the friend you recently lost. You might include how you're feeling, what he or she meant to you, and anything else you'd like to share. You don't have to share this letter with anyone. This is just to help you understand what happened.

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**Reflections on This Exercise**

What was the hardest part of this activity?

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What else can you do to cope with the end of this friendship?

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How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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