



Calling On Friends

When we include our friends in the full story of our life, we build authentic relationships in which we can be who we truly are.

When we are going through a difficult time, we may hesitate to call even our best friends because we don't want to burden them with our troubles. This can be especially true if we've been going through a series of challenges, and we're starting to feel as if we sound like a broken record. It is important to remember that at times like these our friends sincerely want to be there for us whenever they can. We can always check with them to make sure it's a good time for them before we start talking, and if it's not a good time, we can call back at another time, or call another friend.

We know for ourselves that when we have a good friend, we don't want them to suffer alone when we are just a phone call away. We want them to call us and share their sorrows with us, as well as their joys, because this is what sharing a life through friendship is about. It is at our lowest points that we really need

to rely on our friends without worrying that we are a burden. If you are feeling self-conscious about having a tough time, you can bring this fact into the conversation by acknowledging it. Chances are your friend will reassure you that she is happy to be there for you. In fact, rather than feeling taxed, most of us feel better when we have helped a friend simply by listening empathically while they share their feelings.

Without our friends, we would be hard pressed to get through the tough times and celebrate the good ones. If we leave our friends out of our process when the going gets tough, our friendships can begin to feel shallow. On the other hand, when we include our friends in the full story of our life -- the good, the bad, and the ugly -- we build authentic relationships in which we can be who we truly are. When we do this, we invite our friends to bring their whole selves to the relationship as well.

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Life Lessons You Learn If You Are Lucky:

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think; they don't do it very often.
3. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
4. It ain't the jeans that make your butt look fat.
5. Artificial intelligence is no match for natural stupidity.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all of your other parts feel so good.
13. Eat well, stay fit, die anyway.
14. Men are from earth. Women are from earth. Deal with it.
15. No man has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind and narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept for years and throw away three weeks before you need it.
20. There is always one more imbecile than you counted on.
21. Fat chance and slim chance mean the same thing.
22. By the time you can make ends meet, they move the ends.
23. Thou shalt not weigh more than thy fridge.
24. When you fall in love at first sight remember, love is blind.
25. If you must choose between two evils, pick the one you've never tried before.



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