

On Friendship

Last night I was on the phone with my old college roommate. She recently broke up with her boyfriend and now, she told me, she ended her friendship with Scott, her best friend since fifth grade.

Knowing that Danielle can sometimes be hasty in her decisions to end friendships rather than confront a problem (we once had a similar situation), I asked her if she was sure she was doing the right thing and had actually discussed this with Scott. (I remember the one time, she felt confronting the problem meant unplugging my computer in the middle of a research project and storming out of the apartment.)

She assured me that she had, and that surprisingly enough, Scott agreed the friendship needed to be ended. It was hard, she said. She pushed her two closest friends away. But, she added, she felt good. She felt strong and ready to grow in a new direction.

While I was reflecting on this conversation, I thought about the friendships I have had in my life. Some were good, some bad. Some were mediocre. A few have lasted. However, most have fallen apart either due to lack of communication or lack of need. Sometimes, like the situation above, both parties understand the break. Sometimes, it is unfathomable.

I don't regret much in my life and one of the things I do not regret is saying goodbye to certain friendships. It is this aspect of friendship on which I will focus rather than the friends I still have or the friendships I wish I hadn't severed. These expired relationships often teach us just as much as the other types.

Friends should not demean, belittle, emotionally abuse you, and/or only give and not take. That is the reason several of my friendships have ended. There is also always the friend who takes a separate path or resents you for taking yours. But whatever the reason, friendships end. This is a good thing. Imagine all the emotional baggage, bad memories, and embarrassing people you would need to cart around with you forever.

I have learned from the friendships I have ended and they have all taught me important lessons. From Mandy, I have learned that people might be as supportive and loving as possible, but do it only for their own purposes. Melanie told me that she would rather be Mandy's friend. From John, I realized that some people only want friends when they need them and can control them. Catie taught me that some values and decisions can not be overlooked. Sometimes two people change so much that they can not remain friends.

I do get sad and nostalgic when I remember some of these friendships. There are times that I dearly miss my high school days with Mandy. There are times when I miss the sleepovers with Catie. There are also times when I wish that John and I could have separated responsibilities and feelings. However, when I get the email that begins "I know we haven't talked in two years, but or when I remember the reason the friendship was ended in the first place, I briefly consider rekindling the friendship and then, more often than not, I realize that these times in my life have ended for a reason.

I have, like Danielle will, grown and changed. I have become stronger and more compassionate in my treatment of others. These friends of the past have given me this gift. I am who I am today, because of the friends I no longer have.

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