

FRIENDS FOREVER

THE GOOD, THE BAD & THE TOXIC

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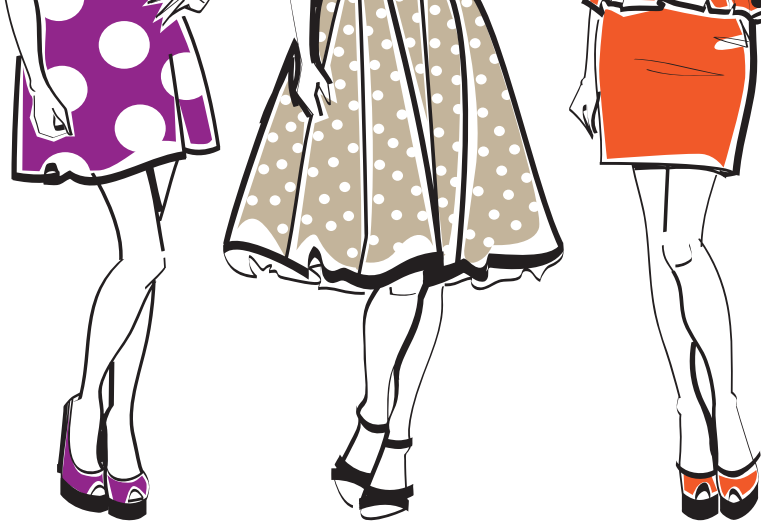
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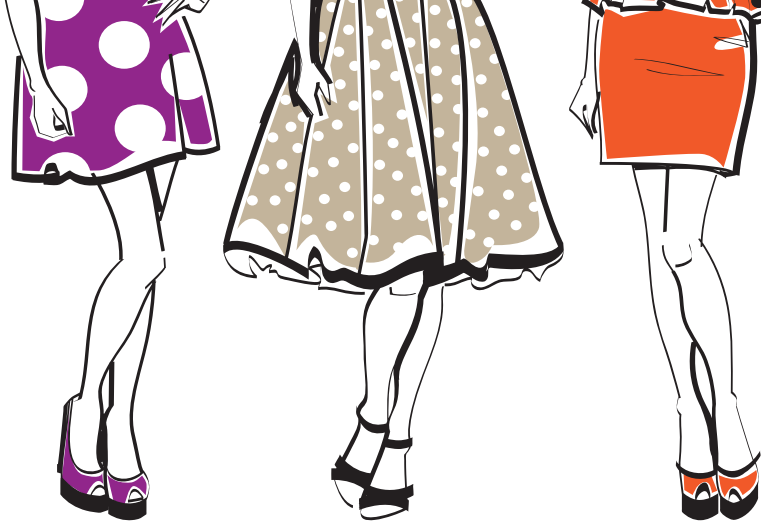
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My definition of **friendship** is a connection and an energy that exists between people when they:

- Feel seen, heard and valued
- Give & receive without judgement
- Derive strength from the relationship

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Facts on Friendship

I. Studies show that if you have 5 or more friends with whom to discuss an important matter you're far more likely to describe yourself as very happy.

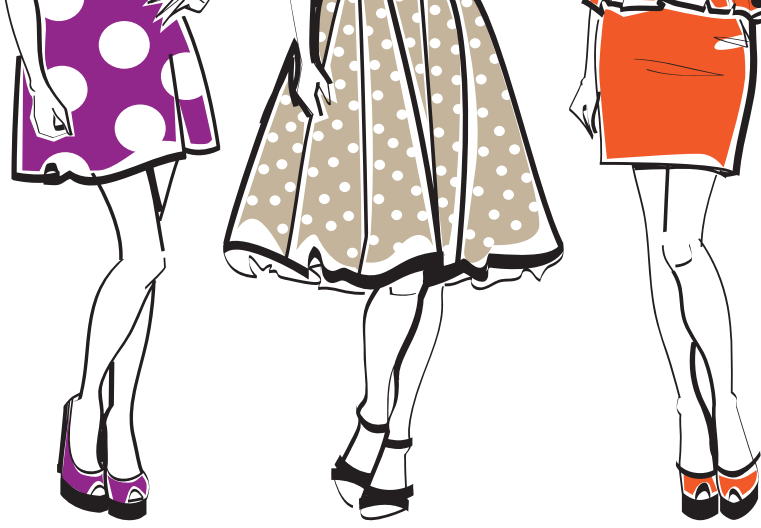
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Facts on Friendship

2. If a midlife crisis hits -- one of the most common complaints is lack of true friends.

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Facts on Friendship

3. Whether you are exercising, commuting or doing housework everything is more fun in company. Researchers found that the only thing people were happier doing alone, was praying, but the point of praying is that you're not talking to yourself.

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Facts on Friendship

4. Strong relationships also lengthen life, (even more than quitting smoking), boost immunity & cut the risk of depression.



The Friendship Effect:

MOUNTAINS BECOME MOLEHILLS

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The Friendship Effect: MOUNTAINS BECOME MOLEHILLS

HOW IT WORKS

In a study published in the Journal of Experimental Social Psychology, researchers asked participants to stand at the base of a steep hill and estimate how tough it would be to climb. Those standing with a friend gauged the ascent to be less steep compared with those who were alone.

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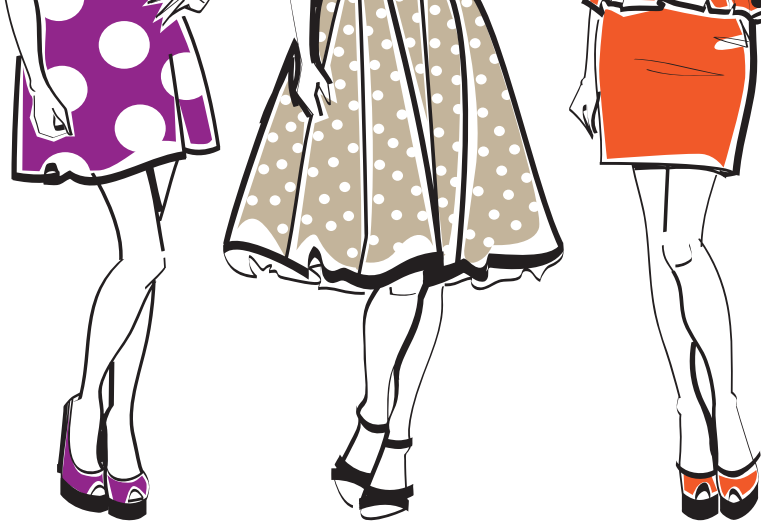


The Friendship Effect: MOUNTAINS BECOME MOLEHILLS

WHAT'S MORE

The longer the study participants had known their friends, the more gentle they estimated the incline to be.

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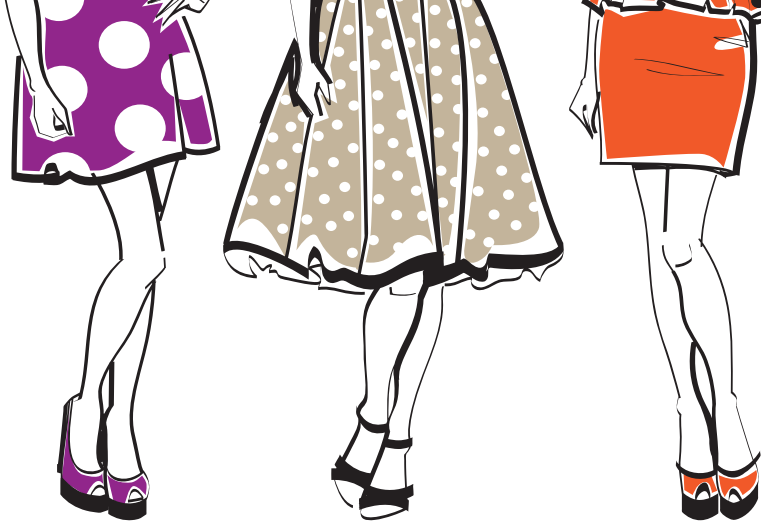
The Friendship Effect:

DISEASE BECOMES LESS DEADLY

HOW IT WORKS

Harvard research has shown that breast cancer patients with no friendship network are four times more likely to die from the disease than those with ten or more close friends.

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The Friendship Effect: DISEASE BECOMES LESS DEADLY

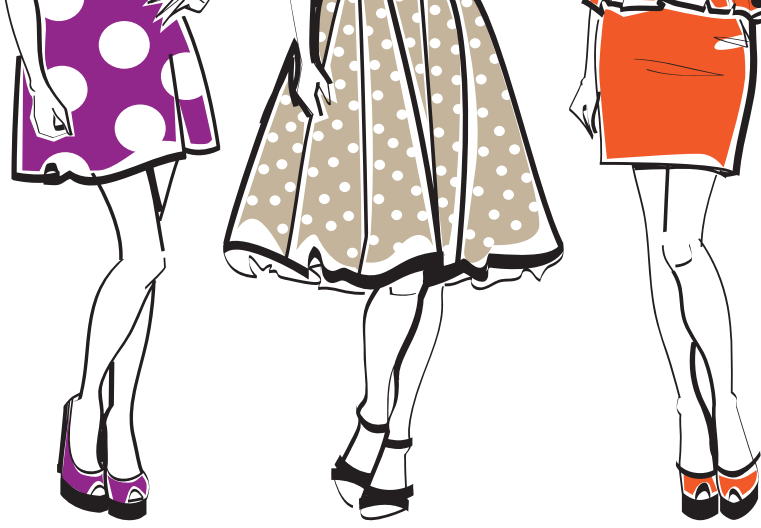
WHAT'S MORE

Studies have also shown that social support can lower blood pressure, protect against dementia, and reduce the risk of depression.

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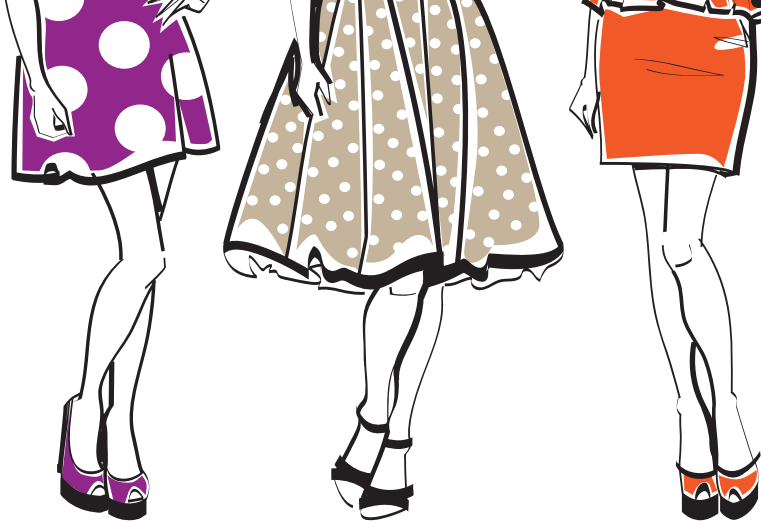


Write down the name of someone from your past that you think about, miss or have lost contact with. Make it a goal this month to reach out to this person.



There are 2 types of sacrifices,
healthy & unhealthy.

Unhealthy appears to work at first.



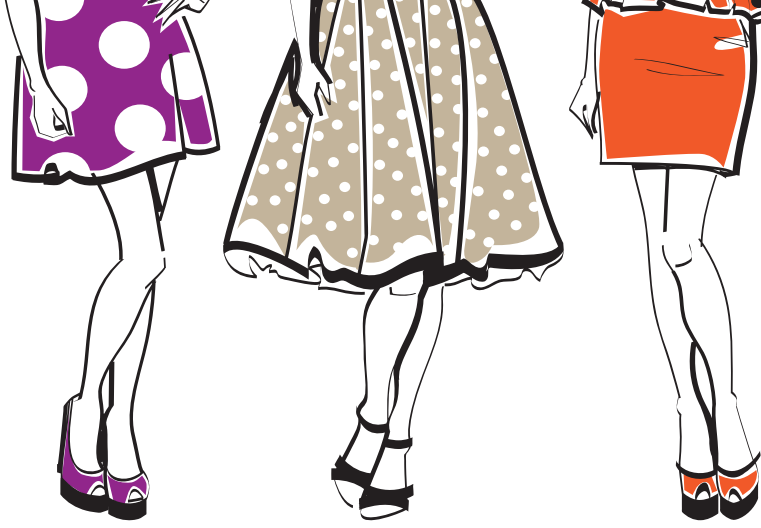
Healthy sacrifices are when we are willing to sacrifice

- Fear for Love
- Independence for Intimacy
- Defenses for Joy
- Resentments for Forgiveness



How many unhealthy sacrifices are you in right now?
How has the sacrifice manifested in your friendships?
Are you willing to, and in what ways can you stop
making unhealthy sacrifices to shift your life and
experience real connection with others?

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List friends that fill you with a sense of warmth and happiness.

List friends that leave you feeling drained, belittled & insulted.

Now's a good time to look at which friends should be part of your future and those that should become a part of your past.

Now assess what kind of friend you are.

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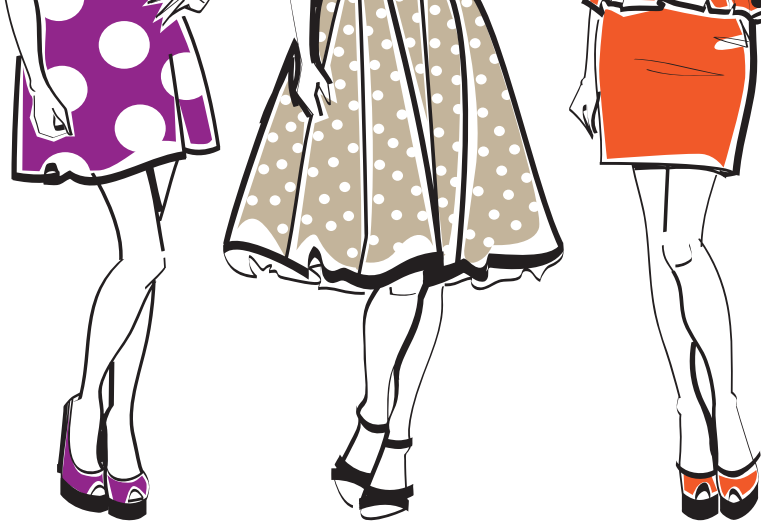
Rule of Thumb When Assessing Your Friendships:

Are they supporting you in your growth & change?

If yes, cherish them.

But if they diminish you, then diminish them.

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PLANARIAN PEOPLE

A planarian is a flatworm – they aren't evil, they are just devoid of emotional intelligence. You can work a lifetime trying to make flatworms perceptive, intuitive or wise but in the end this tiny grudge will keep you from wasting your time & hopes that they will evolve into more than they are. Choosing to bear a very light grudge against them can spare you immense frustration to their emotional clumsiness.

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THREE - STRIKERS

This is the 3-strike rule. If not only you have had a bad experience with a person but have also heard worrisome reports about a person from 3 totally unrelated sources you need to carry a protective grudge that says “I don’t quite trust you.” (3 bad reports & 1 personal experience)

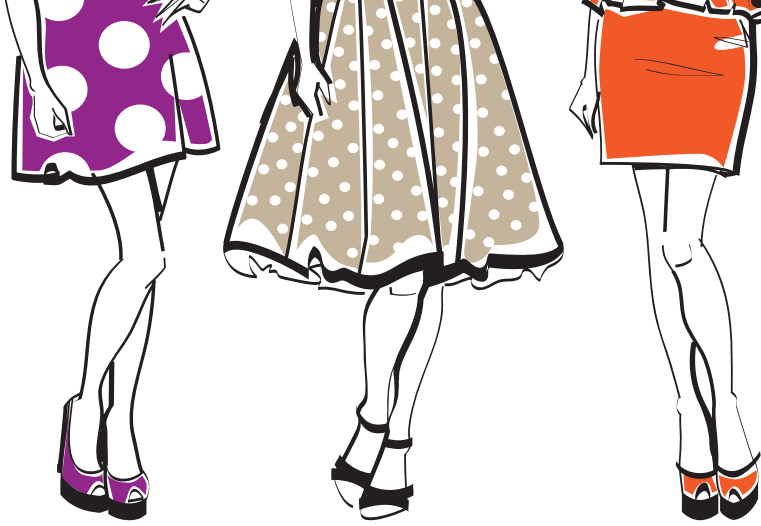
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GAS LIGHTERS

When you doubt yourself around a specific person. Not self-doubt like an impulse purchase but an unsettling self-doubt. When reality seems to bend & sway around that certain someone & when my recollections don't jive with what that person claims. Psychologists use a term called "gas lighting" to describe this kind of systematic lying. An allusion to an old movie in which a man drives his wife to question her sanity by telling her odd lies and manipulating the level of gas light in the house so she keeps seeing lights dim for no reason.

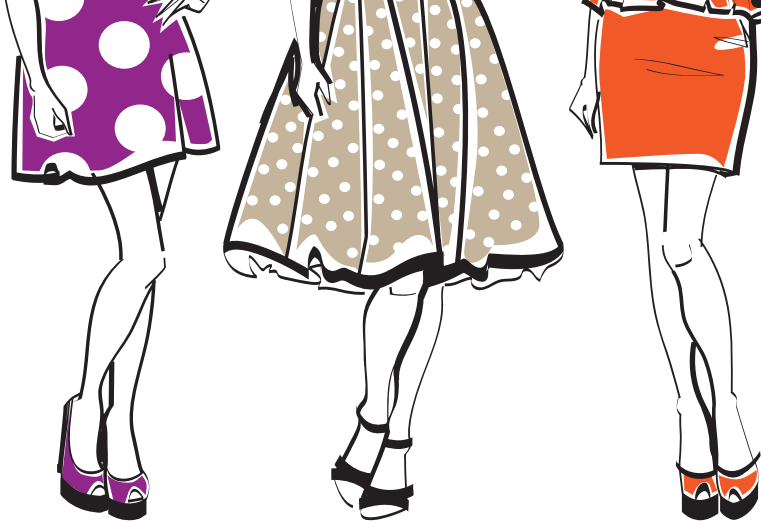
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**WHEN SOMEBODY SHOWS YOU WHO THEY ARE,
BELIEVE THEM.**

Meaning, if your instincts put up an emotional distance between you and any person, listen to them. So if you get a call from Mr. Hyde once and this person is usually Dr. Jekyll pay attention to the capacity of how cruel this person has the potential to be. In other words, if someone in your life is genuinely monstrous part of the time – even once – be leery all the time.

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Friends come into our lives for a variety of reasons. To test if your friend is a true friend ask yourself these questions:

1. Do you look forward to seeing this person or do you consider it a chore?
2. Is she truly happy to see you or do you suspect that she needs something from you?
3. Will you walk away from this meeting feeling good or feeling manipulated or demeaned?
4. After spending time together do you ever think “This friendship is draining me?”

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Words are energy & they live on.

The comments that flow out of our mouths do not disappear into thin air. They stay with us at all times, hindering or helping our spiritual growth and also blocking our happiness.

If a person speaks good things he awakens goodness & positive light from above. If he speaks negatively he awakens negative energy from above. As above so below.

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For those who are scared right now there is a process of cleansing that energy. It's simple, but difficult. **Apologize & commit to never do it again.** As a great kabbalist once said, **pay more attention to what goes out of your mouth than what goes into it.**

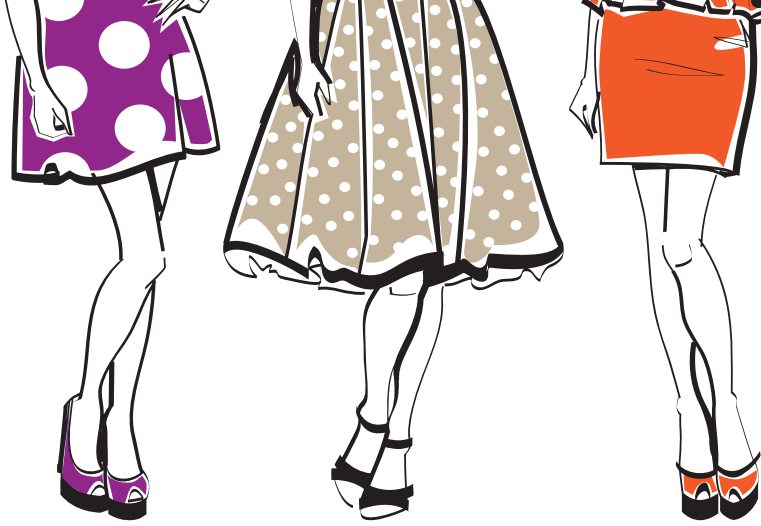
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Step 1 is physical. Removing darkness by asking the injured person for forgiveness.

Step 2 is spiritual. Teshuvah, which brings enough light into our soul so that the darkness we drew is forced to flee.

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Think about your friendships & relationships.
Do you have one that is near this type of closeness?
When they put your needs in front of theirs
& you put theirs before your own?
It needs to be reciprocal.

Most won't have this type of closeness, but are you working together to form this bond, and if not, what steps can you take to start?

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Have questions?

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