

## **Coping with friendships**



Which emotions might you feel in this situation?

Which coping strategies might you use to cope with the problem?

You have a close group of friends that you spend lots of time with. You always used to be in the same class but now you all have different teachers for different subjects. You start to notice that your friends are spending their spare time with the new friends they have made. You also notice that your friends are changing their interests and that you all

seem to have less in common.

Which areas of your CPSQ report does this relate to?

emotions?

Which coping strategies might

you use to cope with your

How could you handle a similar situation differently next time?