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**Can We Still Be Friends?**

**By Kevin B. Burk, Author of The Relationship Handbook**

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Even when we know it's time to end a romantic relationship, we're often reluctant to let go of our partners completely. We've shared so much of our lives with our partner, it seems almost callous to simply cut them out of our lives—especially if we're ending the relationship on good terms. It's natural that we want to hold onto the loving and supportive part of the romantic relationship, and simply let go of the parts that aren't serving us. This is entirely possible: we can remain friends with our former lovers. We both need to want to build a friendship, however.

If we choose to stay friends with a former romantic partner, we will have to establish new boundaries and expectations in the relationship. The old checklists are no longer appropriate, and it may take some time to make a successful transition to the new relationship. It's best, in fact, if we do not spend any time together once we've officially ended the romantic relationship. A clean break is essential. We need time to separate our life from our partner's. We need to reestablish our own boundaries and our own identity. And we need to spend a little time mourning the death of the romantic relationship. It takes time for the emotional connections to adjust, and it takes time for us to gain perspective on the entire relationship.

Once we're ready to spend time with our partner again, we must recognize that any friendship that we build is a new relationship. It is not an extension or continuation of our romantic relationship. We will need to start slowly, and to build up a new level of trust. It will take some time to make

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sure we're using the appropriate checklists. We can't expect the same kind of support or commitment in a friendship as we did in a romantic relationship. By the same token, we may find that we could tolerate certain behavior from a lover, but that we won't accept it from a friend.

In many ways, friendships are far more demanding than romantic relationships. We look for a higher level of shared interests and compatibility with our friends than we do with our romantic partners. We may discover that our former lovers don't make the cut as friends—and there's nothing wrong with that. We have a much easier time letting friends drift out of our lives than we

do with letting go of romantic partners.

Kevin B. Burk is the author of *The Relationship Handbook: How to Understand and Improve Every Relationship in Your Life*. Visit <http://www.everyrelationship.com> for a FREE report on creating AMAZING Relationships.

### **Time to Upgrade Your Friends?**

**By Myrtis Smith**

#### **Time to Upgrade Your Friends? by Myrtis Smith**

There is a saying that goes something like this: The person you are today is a direct by-product of the books you read and the people you hang out with. If you are not where you want to be in life, it might be time to upgrade your friends. Take this simple quiz to see"

1. Are your friends generally on time for get-togethers?
2. Are any of your friends on the road to financial independence?
3. Do you have any friends who own their own business (or have aspirations to do so)?
4. Would you ever consider trading lives with any of your friends?
5. Are your friends "happy"?
6. Do any of your friends have clear goals they are working towards?

If you answered "no" to most of those questions, the time has come to stop hanging out with people who have less

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going for them than you do. Think about your goals, dreams and aspirations; make new friends who can support you in those. If you have plans to own your own business, befriend a business owner. If you dream of financial independence, find some like-minded individuals to add to your circle.

No one says you have to ditch our old friends, just make room for the new ones.

Myrtis Smith is a career coach and the founder of Premeditated Life. At Premeditated Life, we have one focus: Your Career. We offer services to support your career goals, whether you are in transition, need help with your job search or want to improve your professional skills. For a FREE Career Assessment email: [coaching@premeditatedlife.com](mailto:coaching@premeditatedlife.com)



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