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**The Friend**

**By Vic Peters**

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"Nobody likes me. Everybody hates me." That's the kind of thing that I used to say when I was a kid. "Well then, you might as well go eat worms." That's the kind of answer my mom would give me. Eat worms? For crying out loud! No wonder I am the way I am.

See, it's my mom's fault that I didn't have any friends—nobody wants to hang around with a kid who eats worms. I had even tried to tell her this well-known fact. Would she listen? Noooooo. Well, maybe my mom knew what kind of a complainer she had for a son, and just refused to put up with it. It's possible. Difficult to believe, but possible.

Finding somebody to be your friend when you're a whiner is hard—at least it was for me. It was even harder for me to keep them—my mom wouldn't let me. "Find somebody nice," she'd say. "Nice?" I'd ask. "Yes, your sister has nice friends. Why can't you be like her?" That is why little miss perfect got locked in the basement.

By the time I could drive I did have a few friends, but only because they needed somebody to pick on. Poor me. They were better than nothing, though, and besides, none of them would last. It's a sad truth. Time tests friendships, and most of mine have exploded into bits and pieces that I call memories, because that is all that is left of them. That road they call life is not much fun to walk alone, and though I know this, I still wonder why we choose to abandon one another along the way. Solitude is the regrettable prize won through pettiness.

Overcoming differences is one of the ways I have learned to measure a friendship. If a smooth path exists, I haven't found it. The unspoken covenant is not for me to embrace every footstep that my friend makes, but rather to simply accept their placement. If I want the relationship to last, I have to be willing to offer compassion in the face of defeat, and, even more importantly, be willing to accept it.

Oddly enough, my best friend is a girl. We used to spend a lot of time together when we were teenagers and we even joked around about getting hitched and having ten kids—but it never happened like that. Looking back, I doubt that I would ever have gotten married if it weren't for her.

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From the instant I met her I knew that we were going to be friends. What I didn't know was that this friendship would last. Within her is a sanctuary where my heart may speak and know that it is heard. It is outside of judgment and inside of laughter. There I have wings to fly after dreams without the burdens of doubt. A poetic place where failure cannot find me, for she has hidden it too well. When I am with her, I am not the person I know; rather, I am what I had always hoped to be. What more could I ask for?

The fact that we are both married now has changed everything about our relationship. No longer do we write or call one another with any kind of frequency. I have never forgotten what it felt like to be friendless, and I sometimes worry about how my life would change if something happened to her. No replacement could fill the break in my heart. I dare not imagine how alone I would feel. If you haven't guessed, my best friend is my wife; they are one and the same.

The time will soon come when our children will move on and leave us with one another. What my wife and I have cultivated over the years goes beyond the boundaries of marriage. I still laugh when I hear that phrase, "Marry your best friend," because I don't believe that it can be done. It takes a lifetime to create a best friend. Best friends have scars where they have cut each other and healed each other. The proof I see in the eyes of the old, who have fired the metal of friendship longer than I have been alive.

The physical appearance of a couple that has remained married for untold years is but an illusion. What I failed to recognize for so long is how time has honored them. Skin soft and worn that hangs loosely is the reminder that they have resisted the pull of adversity. Weakened legs and swaying backs are not from age, but from carrying one another through difficult times. They are not deaf; rather, they simply understand that no other voice is as significant as that of their spouse. It was my ears that were deaf, for the whisper of their words speaks the language of wisdom. Our elders are proof of strength so great that even Death cannot part them.

Marry the person you love. Hang on to one another as you ride through all the ditches life throws at you. Don't quit, and, God willing, you'll find what I have: a real best friend.

Vic Peters is the author of *Mary's Field*, a new Christian novel from Millennial Mind Publishing. More information is available at [www.marysfield.com](http://www.marysfield.com).

### **Be Your Own Best Friend**

**By Sibyl McLendon**

What does being a "best friend" mean to you? I imagine that just about everyone is or has been a best friend to someone in their lives. I encourage you to take some time and examine what being someone's best friend really means.

Usually, a best friend is supportive of you when you need it. If they disagree with something that you are doing, they are honest about it without being judgmental with you. And, they can still be supportive

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of you even when they are not sure that you are right.

A best friend loves you no matter what. They are accepting of what you look like. They understand your limitations, but love you anyway. If you fail at something they are there for you, to help you pick up the pieces and try again.

A best friend never talks badly about you. They only want the best for you!

You certainly are deserving of all of this in your life.

Why not try being your own best friend? Treat yourself as well as you would treat your best friend. You would not talk badly about your best friend, so don't talk badly about or to yourself. Would you force your best friend to do something that they did not want to do? Then don't force yourself. Would you want your best friend to be in a loving, respectful relationship? Then find that for yourself. Be just as loving and kind and good to yourself as you would be to someone else that you loved.

Try sitting down and making a list of the qualities that a best friend has. Then work on applying these qualities to yourself, for yourself.

Learn to hold your own hand and be the most supportive person in your life. When you learn to be your best friend, then everything changes for the better. You are not dependant on others for your self-esteem. You are not always looking outside of yourself for your own happiness and success. When you learn to respect yourself, you also learn that you deserve only the best that life has to offer. Then, you go out and get it!

Sibyl McLendon is a personal spiritual coach for Circle Of Grace

. Circle Of

Grace is a unique blending of Native American spirituality and holistic wellness coaching, and has loads of free stuff for you personal growth. Sibyl is 1/2 Navajo, and lives in southwestern part of the U.S.

Be Your Own Best Friend

Do You Really Need a Friend Quiz To Tell If Someone Is Your Friend?

Getting Help For A Friend Who Struggles With Fear And Anxiety

How to Solve Disputes with the Helicopter Talk Technique

We All Have A Personality – So Why Don't We Show It

Cure Bad Breath

Take Control of Alcohol

Coping With Alzheimer's Disease

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