

3 types of friends you should have in your life

The way we spend time with friends can change over time, but one thing has not changed, which are the types of friends who need to appear most often to help our lives come alive and rich. .

Over the years of life, each of us has a lot of friendship. So how much time have we spent on them? This is probably not the problem, the important thing is how you will make our lives more meaningful.

The depth of friendship is the desire to see **your friends** have a good life, if friends can help us become happy, it will make everyone happy. The way we spend time with friends can change over time, but one thing has not changed, which are the types of friends who need to appear most often to help our lives come alive and rich. .



" There will be three types of friends that anyone needs in life: a friend to confide in, a friend to rely on and a friend to share with you ." William Rawlins, professor - expert from Ohio University, USA and also the author of the book " The Compass of Friendship " concluded: " In my field of expertise, I have talked to a lot of people about their deep friendships, which lingers in me, no matter how old one is, our expectations of our friends will remain intact. "

Professor Rawlins points out important characteristics in each type of friend:

You can confide .



If you are wondering about your future career path or are worried about whether your dear friend will reply or not, then pull out your best friend to "lament" these things to. They can help you overcome the concerns in your head.

Rawlins said: "Acceptance is the fundamental foundation of a friendship - you can express and be affected by friends. At the same time, when asking your friends, they will be make objective opinions, motivate you in the best possible way."

This friend is more than a good listener and sympathetic person because they will be the one to help you become a better person, which means that at times of need they can make difficult comments to help you go in a right direction. Better yet, you should leave your own "protection cover" and trust them. Remember that those hard-to-hear ideas only let you grow up.

Like the proverb, our grandparents often say: "Losing heart first, be pleased later", those who can say the truth are the true friends of our lives. This is one of the types of friends we should have in life.

The friend always helps, doesn't matter the reason .



One important thing in friendship is when you know you have a friend to rely on, help with everyday small things, like: pick up at the airport when you suddenly drop by, let you borrow a pair of prepared shoes an upcoming interview or watch over your child for an hour during a doctor's appointment. They **are ready to help you relax** and have a sense of peace of mind.

Similar to the opposite case: Try thinking about the feeling of satisfaction and comfort when you can help someone you care about. This also helps you feel happier in life.

" Thanks to help is giving them a chance to care about you. A true friendship is a desire for the other person to have a good life. If you help yourself to be happy then you will receive yourself. Happy, "Rawlins said.

My friend and I share the joys .



We all want to have friends **who can join us in sharing joyful moments in life** . But there is a special joy other than going out with important people like: colleagues or family, which is a close companion.

Rawlins once wrote: *"The opportunity to connect friends is a measure of the freedom we have in life ."*

When a person comes to you not because of a specific obligation or a specific role (*such as a partner or coworker*), you get great times without worry.

Refer to some more articles:

1. 8 types of people you should avoid as far as possible
2. How to maintain good family relationships
3. When you know how to accept yourself, how wonderful life will be

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