

The Friend Who Keeps Canceling

Decide what to do about a friendship where you are always the one holding it up.

WHEN TO USE THIS

Use this after another canceled plan, or another message you never got a reply to.

What keeps happening?

Write the last two or three times, with dates if you remember.

After you see them, or hear from them, how do you usually feel?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Drained

Glad I did

What do you get from this friendship, and what does it cost you?

WHAT I GET

WHAT IT COSTS

What would you like to be different, and are you willing to say it to them?

You can care about someone and still stop being the only one who tries.