

Name _____



Repairing Bonds

Directions: Respond thoughtfully to the journal prompts below. Write in complete sentences and use real-life examples when possible. Focus on how communication can help maintain or repair a friendship.

1. Describe a time when you and a friend had a disagreement or misunderstanding. What happened?

2. How did you and your friend communicate to solve the problem? What words or actions helped make things better?

3. If you could go back, would you handle the situation the same way or differently? Explain your reasoning.

4. What lesson did you learn about friendship and communication from this experience?

5. Write one goal for how you can communicate better with your friends in the future.
