

The Ultimate Guide to Cultivating Closeness When a Friend Is in Crisis

When a friend is going through a crisis, it's important to know how to support them. This guide will provide you with the tools and resources you need to be there for your friend during this difficult time.

1. Understand the Importance of Closeness

When a friend is in crisis, they need to know that they are not alone. Your presence and support can make a world of difference in their recovery. Closeness can provide your friend with a sense of security and comfort, and it can help them to feel more hopeful about the future.



Why is She Acting So Weird?: A Guide to Cultivating Closeness When A Friend is in Crisis by Jenn McRobbie

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2. Be Present for Your Friend

One of the most important things you can do for your friend is to be present for them. This means being there for them both physically and emotionally.

Spend time with them, listen to them, and let them know that you care.

3. Listen to Your Friend

When your friend is talking to you, it's important to really listen to what they are saying. Don't interrupt them, and don't try to fix their problems for them. Simply listen to them and let them know that you understand what they are going through.

4. Offer Your Support

Your friend may not always need you to fix their problems, but they will always need your support. Let them know that you are there for them, no matter what. Offer to help them with practical tasks, such as running errands or cooking meals. Or simply offer them a shoulder to cry on.

5. Be Patient

It takes time to recover from a crisis. Be patient with your friend and don't expect them to bounce back overnight. Encourage them to take their time and to seek professional help if they need it.

6. Take Care of Yourself

Supporting a friend in crisis can be emotionally draining. It's important to take care of yourself during this time. Make sure to get enough sleep, eat healthy foods, and exercise regularly. Talk to a therapist or counselor if you need support.

7. Seek Professional Help

If your friend is in a crisis and you are not sure how to help, don't hesitate to seek professional help. A therapist or counselor can provide your friend

with the support and guidance they need to recover.

Supporting a friend in crisis can be a challenging experience, but it is also an important one. By following the tips in this guide, you can help your friend to feel supported and loved during this difficult time.



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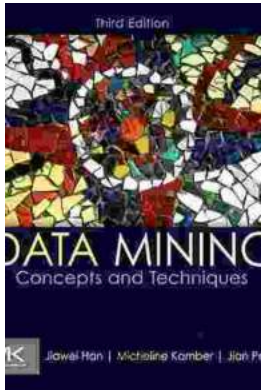
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