



betterfriend **check-in**



**before you send the text, end the friendship,
or have the difficult conversation,
check-in with yourself.**

the BETTER friend check-in is a free guide created to help you pause, reflect, and check in with yourself before deciding how to move forward in your friendship.

B E T T E R F R I E N D S O C I E T Y



betterfriend check-in

☐

Be honest with yourself

How do I really feel about what happened? Give yourself permission to acknowledge your feelings without minimizing them. Hurt? Disappointed? Left out? Name it—even if you have to say it out loud. You can't communicate what you haven't acknowledged.

☐

Examine what actually happened

What are the facts and what story am I creating around them? Stay with what you know, not what you've assumed. Don't create an entire story about someone's intentions without having the conversation. Ask yourself: What actually happened? What do I know to be true? What am I assuming?

☐

Take accountability

Is there anything I could have communicated or handled differently?

You can be hurt and still have something to own. Consider your tone, communication, expectations, reactions, and boundaries. Accountability isn't taking all the blame—it's being willing to recognize your part.

☐

Try her perspective

What might this situation look like from her side? Is there another explanation?

Trying to understand her perspective doesn't mean you have to agree with it—it means you're willing to consider that your perspective may not be the only perspective.

☐

Express what you mean

Now communicate clearly. Focus on "I" statements rather than accusations. The goal isn't to win the conversation. The goal is to be understood and understand each other.

☐

Reevaluate, Reconcile, or Release

What does this friendship look like from here? Are we both willing to move forward together? Have we genuinely tried, but this friendship is no longer working?