Ashley Schweizer

Friendship Letter

Dear Ally,

The day I have been dreading has finally arrived and I could not be sadder to part ways. Moving to a new city can be scary, especially a city like Los Angeles, but with you, you carry all the knowledge of how to create true friendships. As one of the bubbliest people I know, I know you will quickly find yourself and friends in this new environment, but here are some words of advice on friendship I have to share with you.

For starters, a true friendship mirrors the idea of self-love. You should be in harmony with yourself before you should approach a friendship. Enjoying time in your own company allows you to discover what truly makes you happy and look for those characteristics in a friend. As Aristotle once said, “For being is a good for the good person, and each person wishes goods for himself,” meaning everyone wishes for happiness for themselves. Demonstrating self-love means wishing the best for yourself and pushing yourself to be a better person.[[1]](#footnote-1) Focusing on bettering yourself before worrying about others will help you grow as an individual before including yourself in a group. Moving to a new city can be such a life adjustment, so being content with yourself is the most important aspect to consider when forming friendships.

Next, I would like to encourage you to be yourself. In this new city, you hope to make friends who you can depend on. You can only form these types of friendships by acting like your genuine self. Your unique attributes will allow you to form connections with others based upon your interests. [[2]](#footnote-2)These similarities will help guide you into creating a friendship with someone, but this can only occur when you are true to yourself. Friendships should come naturally and not require extreme amounts of work and being yourself will easily allow you to form connections with future friends. Once you form a strong connection, you know that they like you for you, and that you don’t need to change anything about yourself to maintain the friendship.

Although friendships should not require extreme amounts of work, good friendships do require nourishment. Like any goal in life, you have to work on it, but it shouldn’t be extremely hard.[[3]](#footnote-3) Being a good friend doesn’t require you to talk every day; a great friend is always dependable. The best way to conduct and maintain these friendships is to be there for friends when they need it most and to always provide a listening ear. Friends should always be supportive of each other and be trustworthy. [[4]](#footnote-4)

Relocating is going to be tough, but with your outgoing personality I know you are going to thrive. One thing I assume you will already do but I want to remind you of, is to be kind to everyone[[5]](#footnote-5). ~~Being kind to everyone~~ This will only benefit you in the long run and lead you to other positive individuals. You never know what other people are going through and being nice to a stranger could ultimately lead you to a future friend. In all aspects of the world, kindness is one of the best characteristics to possess when trying to form, conduct, and maintain a friendship.

Next, I want to remind you to not let social media influence your decisions of people. Social media brings some good things to this world, but also some bad things. [[6]](#footnote-6) As a new resident of LA, you may encounter some people who depict themselves differently online than in person. It is important to not let these people discourage you, stray away from them and stick to genuine people with good attentions. Social media may be a great resource for you to form friendships, you just need to be careful about who you chose. Don’t be afraid to reach out to people you share common interest with, just make sure you are using a safe website to do so. Also, because you are moving, social media will be a great resource for you to maintain your friendships. It will easily allow to you interact and see what people are up to in your hometown. Take advantage of this opportunity!

Although it may be tough, it is important you form these friendships early on as it provides many benefits to the human life. Friends provide humans with someone to talk to, encourage them, and someone to laugh with. [[7]](#footnote-7)Life can get stressful so it is essential to have friends surrounding you who can uplift you and support you during tough times. Moving has the ability to not only strengthen the friendships you have at home, but also create new ones in your new home. The friends at home are going to miss you greatly and will want to be updated on all your new adventures in Los Angeles. In Los Angeles, you are exposed to thousands of new people who would love to have a friend like you. Just listen to the advice I have provided you and I know you will have new friends before you know it. I cannot wait to hear about all your new city has to offer and all the adventures you will have! Miss you already.

With all my love, Ashley

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1. Aristotle (1877) book IX [↑](#footnote-ref-1)
2. Leibow, David (2010), pages 65-69 [↑](#footnote-ref-2)
3. Achenbach, Joel. *You have to work on friendship like everything else* [↑](#footnote-ref-3)
4. Hruschka, Daniel. (2010). Friendship: Childhood to Adulthood. [↑](#footnote-ref-4)
5. Luke (10:25-37). *The Good Samaritan*. [↑](#footnote-ref-5)
6. *Black Mirror*, Season 3, Episode 1, “Nosedive,” directed by Joe Wright, aired October, 26, 2016, on Netflix. [↑](#footnote-ref-6)
7. Sohn, Emily. (2016). *More and more research show friends are good for your health.* [↑](#footnote-ref-7)