

# Getting ON TRAC: Transition Activities

## A Friend . . .

- .... Is a good listener, even when you've said the same thing a million times! They know how badly you need to get it off your chest.
- .... Gives you pep talks. They remind you of your best qualities when you're down, to take the sting out of your troubles.
- .... Is on your side. If someone else is horrible to you, they're rootin' for ya.
- .... Laughs with you, not at you, even when you make a jerk of yourself, they don't indulge in too many chuckles at your expense!
- .... Appreciates you. They value your friendship and rarely take you for granted.
- .... Is there for you. They take time out for you when you're down, even if it means making the odd sacrifice to their social life.
- .... Chills out with you. They're not just there for the wild times, they're also someone you can shop, watch TV, and read with.
- .... Accepts your differences. They respect your feelings, even if they don't always understand them or agree with them.
- .... Tells the truth. They're frank and tell you, tactfully, when they're angry so you can get things sorted.

Tricky, this one!

*Author Unknown...*

