

## GIVING AND RECEIVING SUPPORT

I am fortunate. God has given me some very good supporters who share my religious faith. But one in particular has been such a good supporter that sometimes our friendship becomes a one-way street. I go to her with my problems but am able to give little back. She never talks to me about her own problems, though I know everyone has them. And then I fall into the trap of just talking about myself . . . again and again. As though I'm the only one who has a tough life.

Eventually, this starts to bother me. I don't like playing the role of victim all the time. I don't like just being on the receiving end all the time. I care about her and I want to give to her too. It feels good to be able to give. I want to have a balanced friendship.

But some people just don't readily share their problems with everyone. Some people are just naturally better givers than receivers.

- Have you had friends who support you but whom you find difficult to support in return?
- What can we do for friends who appear to have it all together? How can we show them that we want to be there for them as well?
- How can we move to a more balanced friendship? Or is that possible?