

A FREE GIFT FROM THE PRETTY TRUTH

What True Friendship *Feels Like*

A gentle guide for recognizing the real deal when you see it.

Let's talk about something most people want, but not everyone knows how to recognize.

Real friendship is not constant access. It is not performing, proving, chasing, or shrinking yourself so someone else feels comfortable. True friendship has a steadiness to it. It feels honest, safe, generous, and mutual.

And when you have spent too long around fake friends, complicated friends, or friends who only love the version of you that stays small, the real thing can almost feel unfamiliar at first.

HOW TO USE THIS

- **Read each sign slowly.** Notice who comes to mind without forcing an answer.
- **Circle what you already have.** Let yourself see the friendships that are healthy, not just the ones that hurt.
- **Star what you want more of.** This is not about perfection. It is about building proof of what real support feels like.

THE PRETTY TRUTH

"A true friend does not need you to become less of yourself so they can feel okay standing beside you."

A true friend *feels like this.*

Not perfect. Not available every second. But steady in the places that matter.

They celebrate your good news.

Not with jealousy hiding under a joke. With real joy, even when their own life is hard.

You can tell the truth.

You do not have to rehearse every word or edit your life down to keep the peace.

They are honest without being cruel.

They can tell you what you need to hear from a place of love and self-respect.

The friendship feels mutual.

You are not the only one reaching, checking in, apologizing, or doing the emotional work.

Your growth does not threaten them.

They may need time to adjust, but they do not punish you for becoming more yourself.

They make room for your real life.

You can be tired, messy, excited, quiet, successful, unsure, and still belong.

They respect your boundaries.

They may not love every boundary, but they do not make you feel guilty for having one.

You feel more like yourself after being with them.

Not smaller. Not tense. Not drained from pretending. More grounded in who you are.

THE PRETTY TRUTH

“True friendship does not ask you to disappear. It gives you room to come back to yourself.”

Now let yourself *notice*.

Sometimes the first step is not ending anything. It is telling yourself the truth about what is already there.

REAL FRIENDSHIP

- Feels safe, honest, and mutual.
- Leaves room for both people to grow.
- Can handle a hard conversation.
- Celebrates without comparison.
- Feels steady, even when life is busy.

SOMETHING TO NOTICE

- You feel anxious before sharing good news.
- You are always managing their reaction.
- The relationship only works when you stay small.
- You keep excusing what keeps hurting.
- Your body feels tense before your mind can explain why.

One friendship that gives me room to be myself is...

Let yourself name the good. Sometimes we need to see what is working, too.

One kind of friendship I am no longer willing to chase is...

Not from anger. From self-respect.

Tiny action step: This week, reach out to one person who feels safe, steady, and real. Send the text. Make the plan. Let the good friendship have some of your attention, too.

WHEN YOU'RE READY FOR THE NEXT STEP

You are allowed to choose friendships that feel like peace.

If you are learning how to trust yourself again, start here. Notice what feels honest. Notice what feels heavy. Then let your next small choice come from self-respect.

theprettytruth.com