

Shared Information

Keeping up a balance between authenticity, honesty, and kindness in a relationship is challenging. This balance is very important and takes a lot of courage. An unbalanced relationship can be really damaging; for example, being able to find the courage to admit to someone your true feelings about a situation can feel like the weight of the world is on your shoulders. In the end, authenticity is what is best so you can have a good relationship.

There was one particular time that took a lot of courage for me to finally do what needed to be done. This situation taught me a lot about being a good friend.

It all started as a small joke, one of my good friends told me they were going to give out my text information to another friend, but didn't ask me first. At first, I just took it as a joke and was only a bit nervous. After a week or so they mentioned it again and that's when I started feeling uncomfortable. The pressure of this situation was growing. The situation was difficult because the person was getting my text information from my friend and they didn't ask me first. This made me feel especially uncomfortable. I played along with the joke but inside was really worried about it actually happening and I couldn't get my mind off of it all day.

The next day they told me that the person had texted me, my heart sank to the floor the moment they told me. All day I dreaded going home and having to check my iPad. It felt like all the words I wanted to say to them were built up inside, but I couldn't find the courage to say them. Part of the main problem was I liked to talk to them at school, but wasn't ready to have a relationship with them digitally. I knew that based on how uncomfortable I was feeling I needed to give them some sort of warning so they would stop. I started out by warning them that I was going to block the, the person asked why and I explained in the best way I could without hurting their feelings. I informed them that I didn't feel comfortable with them getting my information off of someone else without asking me first. They still took it as somewhat of a joke and even

when I warned them once again that I would block them they texted me again later that day.

At this point they had crossed my boundaries. They still didn't seem to understand. I knew I needed to do something. I needed to take the first step to solving the problem. I started out by blocking them so I wouldn't even know they were texting me. After that, I was stuck on what to do next. Sometimes finding the next step can be the hardest thing to do. I needed a way to communicate with my friend who gave my other friend the information that I felt uncomfortable in this situation and my way needed to state my boundaries clearly so they wouldn't be mistaken as a joke like previous times. I had a really hard time building up the courage to talk to my friend about my true feelings and how uncomfortable I felt in this situation and I held it off for a few days. I knew I needed to tell them, but I was nervous. I was stuck and my words were stuck. Eventually I decided that in order to keep up a healthy relationship I needed to communicate. I felt uncomfortable in this situation with my friend. I wanted to work it out together. I wanted to regain a feeling of full trust and support with my friend and that I couldn't put it off any longer. Regardless of my nervousness or the weight I felt, I needed to be honest and authentic to myself.

When I confessed my feelings about the situation to my friend they immediately apologized to me and told me that if I ever felt uncomfortable I could tell them anytime. In that moment I was reminded of how supportive my friend is to me and I felt myself regain full trust with this person. During this whole situation I had completely lost track of the thought that my friend was always there for me and this situation could have been way easier if I had told them earlier.

I now understand the importance of having a balanced relationship. My friends are really important to me and I can't imagine not having the supportive friends I have in my life.